

Agroforestry Research Trust

Summer & Mediterranean plant list availability

Please order online at www.agroforestry.co.uk

Unless indicates, plant size is 1 Litre pot.

Delivery charges (to England, Wales and Scotland only): £10 + weight calculation (automatic online)

Surcharges: Isle of Wight +£7, Central London + £3, Scottish Island & Highlands, Scilly Isles + £26.

Perennial vegetables

Abelmoschus manihot – NEW £7.00

Fast-growing shrub mallow that is widespread from Nepal to Australia and all of Southeast Asia. Flowers and leaves are edible, both raw and cooked. The plant, and especially the bark, is used medicinally as an anti-inflammatory agent. The large, yellow, propeller-like flowers are edible when young and in bud. In Asian countries, this species is often planted as a living, edible hedge. You can overwinter the plants in a cool frost-free place, in the process they will lose their leaves. In warm winter it stays green. The leaves taste similar to okra and are rich in high-quality protein. The large leaves can be used as a "wrap" like vine or cabbage leaves.

Allium chinense – Rakkyo £6.00

Widely cultivated in Asia for its edible leaves (chive-like), flowers and bulbs which can reach a good size. Can be kept as a perennial and divided every few years.

Allium fistulosum – Welsh onion, Japanese leek £6.00

Perennial to 60 cm (2 ft) high. Grows in most locations in sun. The bulbs, leaves and flowers are all edible.

Allium 'Poireau Perpetuel' - perpetual leek NEW £5.00

A French perennial leek (more delicate form than babingtons), producing numerous tender leek stems every year.

Allium ramosum - Fragrant-flowered garlic, Chinese chives £6.00

(*Allium odoratum*). Perennial edible, similar to garlic chives but flowering earlier. White flowers loved by bees. Grows 60cm high. Leaves and bulbs are a fine edible.

Allium senescens montanum – Ballhead onion £6.00

Vigorous bulbous perennial to 60 cm (2 ft) high with purplish-pink flowers in summer. Edible bulbs, leaves, young shoots.

Althaea officinalis - Marsh mallow £6.00

Perennial To 1.2m high, found at marsh edges but tolerates most soils and sites. The roots were once the source of the sweet 'marshmallow'. The leaves and roots are cooked as vegetables and the whole plant is medicinal

Aruncus dioicus – Forest goats' beard, Forest asparagus NEW £6.00

Hardy perennial plant from central Europe. The shoots make excellent eating in spring. Later in the year it makes a great bee plant. Like partial shade and a moist soil.

Bunium bulbocastanum – Pignut, Earth chestnut £6.00

Perennial. The tubers it forms are edible, as are the leaves, seeds and flowers - all cooked and with a caraway flavour. Likes a well drained soil.

Campanula portenschlagiana – Wall bellflower £6.00

A low-growing perennial quickly forming an evergreen mat of small, rounded leaves. Bell-shaped violet-blue flowers 2cm in length borne freely on branching stems to 20cm in height, in summer. Flowers and leaves can be used in salads. Needs very good drainage and often seen growing on walls.

Capsicum baccatum – Bell chilli £6.00

Shrub to 1.5m high in frost-free conditions. The orange-red fruits are inverted at the bottom so that the bell shape is created. You can eat this variety straight without burning your mouth - it has a lot of aroma, but only a very mild spiciness.

Capsicum baccatum 'Criolla Sella' – Shrub chilli £6.00

Shrub to 1.5m high in frost-free conditions. Native to Bolivia and Peru, it bears a huge number of small, but bright yellow-orange fruits that are very aromatic. This variety has a double benefit - the pure flesh has a mild taste like paprika; only if you add the seeds will you have medium heat.

Capsicum frutescens Peruvian Purple – Shrub chilli £6.00

Shrub to 1m high in frost-free conditions. Native to Peru, it bears small dark purple fruits that are very aromatic and moderately hot.

Capsicum pubescens 'Amarillo' ½ L – Yellow tree chilli NEW £5.00

Shrub to 1.5m high in frost-free conditions. Produces roundish bright yellow fruits, fairly mild in heat.

Capsicum pubescens 'Rojo' ½ L – Shrub chilli £5.00

Shrub to 1.5m high in frost-free conditions. Produces several flushes per year of roundish fruits, green turning red, moderately hot.

Chenopodium ambrosoides – Epazote NEW £6.00

Warm climate perennial. Leaves and tiny flowers are traditionally used in bean and legume dishes in Mexico. It also improves digestion.

Claytonia sibirica – Siberian purslane £6.00

This North American short-lived perennial grows 20 cm high in a any moist soil in sun or part or full shade. The leaves are edible, raw (an excellent salad plant – beet flavour) or cooked, and the plant can be used for ground cover - it self-seeds freely. Hardy to -35°C.

***Cochlearia officinalis* – Spoonwort, Scurvy grass £6.00**

Not like a grass at all - in fact a perennial evergreen brassica growing 30cm high, with leaves and flowers having a cabbage/mustard flavour, makes good eating.

***Helianthus maximiliani* - Maximilian sunflower £6.00**

Tall tuberous perennial from North America. Produces edible tubers (a perennial artichoke). Likes a well-drained soil; hardy to -30°C.

***Hesperis matronalis* – Dame’s rocket NEW £6.00**

Biennial or short-lived perennial plant from the brassica family, growing to 1m high. Produces a lot of very good edible leaves for using raw or cooked. Undemanding to grow.

***Malva alcea* - Hollyhock mallow £6.00**

A robust upright perennial growing to 1 m (3 ft) tall, freely flowering in summer and autumn with large purple-pink flowers, will self-sow. The leaves are excellent in salads with a mild flavour; the flowers are also very good in salads. The leaves are medicinal and a fibre has been made from the stems; various dyes are made from the plant; bees love the flowers. Grow in any soil in sun or part shade; hardy to -25°C.

***Malva moschata* – Musk mallow £6.00**

An upright perennial growing to 1 m (3 ft) tall with pale pink or white flowers. The leaves are excellent in salads with a mild flavour; the flowers are also very good in salads.

***Oxalis valdivensis* ½-1 L £6.00**

Chilean yellow sorrel. Low hardy annual plant with yellow flowers. Leaves and stems make excellent eating in salads. Will self seed in the right position.

***Piper auritum* 1L-2L – Mexican pepper leaf / Hoja Santa £10.00**

Perennial/shrub to 1m high, suckering, large aromatic leaves are used as flavouring and for wrapping food parcels. Needs frost-free conditions to overwinter.

***Plantago lanceolata* – Ribwort plantain £5.00**

Bushy perennial 30cm high with long narrow leaves – excellent in salads before they get too old.

***Reichardia picroides* NEW £7.00**

A lettuce-sized perennial plant from the Mediterranean. In Crete the edible leaves are valued for using raw or cooked. Needs mild conditions to overwinter and good drainage.

***Rumex sanguineus* Red Lava – Blood dock NEW £6.00**

Perennial from Europe and Asia, growing to 1 m (3 ft) high, with red-veined leaves. The young leaves make a good cooked vegetable and can be added raw to salads. The roots are used medicinally. A good mineral accumulator. Any soil in sun or part shade; hardy to -20°C. This variety has especially pronounced veins making the leaves look stunning in a salad.

Sanguisorba minor – Salad burnet £6.00

Low grown grassland plant. The young leaves are available all year and are edible in salads with a mild cucumber flavour.

Sedum spurium - Crimson stonecrop £6.00

A low growing creeping semi-evergreen perennial with succulent edible leaves. Likes a well-drained soil and sun.

Silene vulgaris – Bladder campion £6.00

Bladder campion. A European perennial growing 60cm high or so. It had nice edible leaves raw in salads or cooked.

Stachys palustris – Marsh woundwort £6.00

European perennial plant of moist and wet places (but grows fine anywhere!), growing to 60cm high, and spreading to form patches. Bears edible tubers similar to crosnes; also a great bee plant.

Talinum paniculatum – Jewels of Opar £6.00

Just the name makes you want to grow it! This is a lovely small evergreen subshrub from the Americas, with flowers followed by tiny jewel-like fruits. The succulent leaves are a great edible, particularly in salads. Requires frost-free conditions to overwinter.

Thlaspi arvense – Field pennycress NEW £6.00

A great edible annual plant from the brassica family native to Europe and Asia. Grows up to 60cm high. The leaves have a flavour of leek, mustard and cress together and are good in salads or to cook.

Herbs & spices

Achillea millefolium – Yarrow £6.00

Mat-forming perennial, spreading via rhizomes. Edible leaves, medicinal, bee plant, ground cover, accumulator. Likes sun and a well drained site; hardy to -40 °C

Agastache foeniculum – Anise hyssop £6.00

A perennial growing to 90 cm (3 ft) high, which likes a sunny position and a well-drained soil. The leaves and flowers are edible raw, with an excellent sweet aniseed flavour. The plant can also be used medicinally and is liked by bees. Hardy to -10°C.

Agastache rugosa – Korean mint £6.00

Perennial growing to 60 cm (2 ft) high or more, with spikes of blue flowers much loved by bees. The leaves are anise-flavoured and used as a flavouring and for teas; also medicinally in Chinese medicine. Likes a well-drained soil and sun; hardy to -15°C or so.

Aloysia triphylla – Lemon verbena NEW £7.00

In mild frost-free conditions this will make a 2-3m high shrub. The incredibly fragrant leaves are used for flavouring and herb teas.

Artemisia dracunculus – Tarragon £6.00

Perennial plant from southern Russia, source of the familiar herb. As well as the edible leaves, the essential oil is used as a flavouring and the leaves are used medicinally. Likes a dry sunny site; hardy to -15°C. Watch out for slug predation.

Calamintha nepeta – Calamint £6.00

A wide spreading perennial growing to 60 cm (2 ft) high, with stems rooting as they go, with white-lilac flowers in profusion from spring to summer. The leaves are used as a flavouring and for teas, also medicinally; bees love the flowers. Makes a very good ground cover plant. Likes any reasonable soil and sun or part shade; hardy to -20°C.

Clinopodium vulgare – Wild basil, Whirlwind NEW £6.00

Perennial herb, used as a flavouring and an infusion is made from the mildly thyme-like tasting leaves. Used medically too for an upset stomach.

Cymbopogon citratus ½ L – Lemon grass NEW £6.00

Perennial with grass-like leaves growing to 1m high. Lower leaves and stems an excellent flavouring. Needs frost-free conditions to overwinter.

Cymbopogon exaltatus ½ L - Ginger lemon grass £6.00

Close relative of lemon grass but with a fantastic ginger flavour in addition. Grows 80cm high and needing a frost-free location.

Cymbopogon flexuosus - Lemon grass £7.00

Grassy-looking perennial to 1m high with fantastic lemon flavour leaves and stems. Needs a frost-free location.

Helichrysum italicum 'Dartington' – curry plant £6.00

Evergreen shrub to 45cm high requiring a well-drained sunny site, hardy to -10°C. The leaves are used as a flavouring (lavender like).

Monarda citriodora – Lemon bergamot NEW £6.00

Perennial, likes a well drained soil, has wonderful flavoured leaves for flavouring, salads, making teas etc.

Monarda didyma - Sweet bergamot, Oswego tea £6.00

A North American perennial growing 1-1.2 m high with scarlet or pink flowers in summer. The leaves can be used as a flavouring or for tea (added to China tea, they produce a taste like Earl Grey tea); the flowers are also edible. Much loved by bees. Grows in any soil, in sun or part shade; hardy to -25°C.

Monarda punctata – Yellow Monarda NEW £6.00

From Eastern North America, a perennial with yellow flowers in summer. All aerial parts are thyme-scented and are used for flavouring.

Myrtus communis ssp Tarentina – Myrtle £12.00

A dense evergreen shrub, more compact and rounded than the species. All parts used as a flavouring. The oil is also used in perfumery, and the plant is used by bees. Likes a neutral or alkaline soil and full sun.

Origanum vulgare – Oregano £6.00

A bushy, woody-based perennial growing 45-60 cm (18-24") high and wide, with dark green leaves and tiny mauve flowers in summer, much loved by bees. Likes a well drained soil and sun or part shade. The leaves are used as a culinary herb, as is the essential oil from them. Also used medicinally, and for dyes. The plant is supposed to repel ants and other insects. Makes a good ground cover in sunny locations. Grow in any well drained soil in sun or part shade; hardy to -23°C.

Origanum vulgare 'Greek' – Greek oregano £7.00

Greek oregano. This Greek variety has extra pungent leaves.

Rosmarinus/Salvia 'Miss Jessops' – Rosemary £6.00

Vigorous, upright variety of rosemary, growing to 2 m (6 ft) high and wide which is a bit hardier too.

Schinus molle – Peruvian pepper NEW £8.00

An evergreen tree, large in South America but much smaller in cultivation here. A commercial source of pink peppercorns to use as a spice, the leaves are also sometimes used for flavouring. Can tolerate light frosts but likes warm conditions.

Solidago canadensis – Goldenrod NEW £6.00

A hardy herbaceous perennial from North America growing 1m high or more, sometimes forming colonies. The young leaves and flowering stems are edible, but better known as a medicinal plant long used in herbal medicine.

Tagetes lucida – Mexican marigold, Sweet mace NEW £6.00

A tender perennial up to 1m high, needs frost-free to overwinter with aromatic, glossy green leaves. The leaves are used for flavouring and teas with a tarragon-anise flavour. A good beneficial insect plant.

Valeriana officinalis – Valerian NEW £6.00

European perennial growing 1.5 m (5 ft) high when flowering, liking sun or part shade and most soils. A well-known and frequently used medicinal plant, sometimes commercially cultivated. Makes a good liquid plant feed and compost activator. Watch out for cats who love to roll on the plant! Hardy to -20°C.

Vitex agnus-castus 2L – Chaste tree £10.00

An aromatic medium shrub from Southern Europe, growing to 3 m (10 ft) high, sometimes more. The fruits and seeds are used as a pepper substitute and the leaves as a spice. The leaves are also used medicinally. Branches are used for basketry and the bush is a bee plant. Likes a well-drained soil and full sun; hardy to -15°C.

Fruits

Acca sellowiana – pineapple guava 2L £12.00

A bushy evergreen shrub with grey-green leaves growing to 2 m (6 ft) high or more. Large flowers are white and purple in midsummer, and are followed by reddish-green edible fruits 5 cm (2") long in hot summers. The fruits are delicious, being aromatic, with a pineapple-strawberry flavour. The flowers are also edible raw, being sweet and delicious. Can be used for hedging in mild maritime areas - hardy to -12°C. Likes sun and a well-drained soil; good on walls in cooler climes.

Arbutus unedo Compacta – Strawberry tree NEW £8.00

A small bushy evergreen tree to 2.5m (8 ft) high and wide, a dwarf variety. Bears red strawberry-like fruits 20 mm across with a delicate flavour. Likes sun and a well-drained soil.

Carpobrotus edulis – Sour fig £6.00

Creeping and mat forming evergreen succulent from S.Africa. Bears edible fruits and leaves.

Citrus Lemonquat NEW £8.00

A hybrid of lemon and kumquat, with excellent fruits which can be eaten skin and all.

Fuchsia Gracilis 2L £8.00

Graceful shrub 1-2 m high. Flowers dainty, slender, scarlet-purple, followed by dark edible fruits.

Fuchsia Riccartonii 2L £8.00

Very hardy, upright bush, 2-3 m high. Flowers scarlet-purple are followed by dark, almost black edible fruits.

Olea europaea 'Agladau' – Olive 2L £25.00

A good oil variety. Slow-growing, compact bush to about 2 m high in Britain. Very productive and self-fertile. French variety.

Olea europaea 'Salonenque' – Olive 2L £25.00

From Provence in France, used for oil and table olives.

Passiflora caerulea 'Constance Elliott' – Blue Passion flower £8.00

If you see a climbing passion flower outside in Britain, then this is probably the species it will be. A vigorous, rampant species which is evergreen in mild areas, with large beautiful flowers in summer and autumn. These are followed by ovoid, orange-red fruits 1-1½" long, which can be used as a flavouring (especially the tasty fruit pulp). Also a bee plant. Needs sun. Hardy to -15°C, perennial in cold climates.

Passiflora edulis 'Golden Giant' ½ L – Passion fruit – NEW £7.00

The well-known passion fruits you can see in the supermarkets and in restaurants come from this species. A south American climbing vine, reaching many metres in height. It needs greenhouse conditions in Britain, and a well-drained soil; the fruits are freely borne here in such conditions, and are bright yellow.

Passiflora incarnata – Maypop £7.00

A herbaceous perennial from North America, climbing up to 5 m (16 ft) each season. The fruits, containing a small amount of pulp, are sweet and edible; the leaves and stems are used medicinally.

***Punica granatum* 'Mollar' – Pomegranate £20.00**

A reasonably hardy tree (to perhaps -10 C), needs a hot position to ripen the large well-flavoured fruits. Mollar is a popular Mediterranean variety.

***Punica granatum* 'Wonderful' – Pomegranate £20.00**

A reasonably hardy tree (to perhaps -10 C), needs a hot position to ripen the large well-flavoured fruits. Wonderful is a well known American variety.

Other plants

***Adansonia digitata* - Baobab ½L NEW £7.00**

The iconic African tree – you'll need to grow it in warm frost-free conditions when it forms a really distinctive plant. You can also use the young leaves in cooked dishes and relishes!

***Chamaecytisus proliferus* – Tagasaste NEW £6.00**

Evergreen shrub or small tree from the Canary Islands, now grown worldwide as a nitrogen fixer and fodder plant. Hardy to about -9 C.

***Cytisus scoparius* – Broom £6.00**

An evergreen shrub, growing 3 m (10 ft) high within a few years. A nitrogen-fixing legume, vigorous and healthy, which needs a sunny position – an excellent pioneer plant for the early stages of a forest garden. A very wind-hardy hedging plant which provides food for bees and butterflies. Hardy to about -20°C.

***Galega officinalis* - Goats rue £6.00**

A herbaceous nitrogen-fixing plant, a robust bush, great bee and green manure plant for sun or part shade.

***Yucca filamentosa* 2L - Adam's Needle £10.00**

Evergreen shrub with sword-like leaves growing 1.2m high, likes a well drained sunny site. Edible flowering stems and fruits; fibres from leaves; saponins from roots used for soap. Very hardy as long as it has very good drainage.