Agroforestry Research Trust

www.agroforestry.co.uk

Agroforestry: what is it?

The simplest definition of agroforestry is that it is the integration of trees and agriculture/horticulture to create a more diverse growing system. In agroforestry the aim is to promote more use of perennial crops, notably tree and shrub crops, because they are more resilient, more sustainable and ecologically sound.

Agroforestry systems can vary in complexity from the very simple, eg occasional trees planted in pastures to provide shade, emergency forage and nitrogen (via nitrogen-fixing bacteria), to the more complex systems like forest gardens, which may utilise hundreds of species to create a self-sustaining and interconnected system.

The Agroforestry Research Trust

The Trust is a registered charity, set up to educate and research into perennial crops and agroforestry. We have 20 acres of trial grounds in Devon including forest gardens and other systems. There are **public guided tours** through the growing season of our sites (see website at https://www.agroforestry.co.uk/research-site-tours/ for info and dates).

We also run courses and seminars in **forest gardening**, **growing nut crops** and the **propagation** in Devon and online. Dates and more info on website at https://www.agroforestry.co.uk/product-category/courses/.

We also have a **consultancy service** where we can give general or specific advice about forest garden plans, tree crops etc. See https://www.agroforestry.co.uk/about_us/consultancy/ for more info.

Plant supply

We stopped selling plants at the end of 2025, but our nursery continues in the hands of Edible Canopy (www.ediblecanopy.com) so for all your plants of unusual fruits, nuts and edible perennials do have a look at their range.

All profits from our sales go towards our research projects. All prices in this catalogue include VAT. Please refer to our website for full terms and conditions of trading at https://www.agroforestry.co.uk/terms-conditions/

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Cover illustration: Korean celery (*Dystaenia takemisiana*) – great edible leaves

Seeds

We only send seeds within the UK.

For **Recommended seed treatments (Stratification etc)** – see https://www.agroforestry.co.uk/product-category/seeds/ where there are also useful lists of nitrogen-fixing and ground covering seeds we supply.

To make life simple, all packets of seeds cost the same (£2.70 in 2026).

Tree seeds

Code	Species	Tree description
089	**Abies amabilis**	Pacific fir. Large evergreen, shoot tips can be used to make a fragrant tea.
090	**Abies balsamea**	Balsam fir. The shoot tips are used to make a tea.
091	**Abies grandis**	Grand fir. The fragrant young shoots are used to make a tea.
091A	**Abies nobilis**	Noble fir. Used as Xmas trees; timber valuable for construction.
099	**Acer saccharum**	Sugar maple. Source of commercial maple syrup
103	**Alnus cordata**	Italian Alder. A medium nitrogen-fixing tree. Excellent in windbreaks.
104	**Alnus glutinosa**	Common alder. One of the best nitrogen fixers. Hedges and windbreaks.
104C	**Alnus incana**	Grey alder. Nitrogen-fixing like other alders. It is a good early bee plant
104F	**Alnus rubra**	Red alder. Another nitrogen-fixing, large, makes an excellent windbreak.
104H	**Alnus sinuata**	Sitka alder. One of the smaller alders, another nitrogen fixer.
110	**Arbutus unedo**	Strawberry tree. Produces red fruits 20 mm across with a delicate flavour.
119H	**Betula lenta**	Sweet birch. The sap is edible when tapped; bark been used for roofing etc.
120	**Betula papyrifera**	Paper birch. Bark used for waterproof wrappings, torches, baskets etc.
120C	**Betula pendula**	Silver birch. Edible parts include the leaves, sap and inner bark.
120F	**Betula pubescens**	Downy Birch. Edible parts include the leaves, sap and inner bark.
120B	**Broussonetia papyrifera**	Paper mulberry. A small tree, bears sweet edible orange-red fruits in autumn.
120N	**Buxus sempervirens**	Box. Small bushy tree. Has valuable very hard timber and medicinal leaves.
122F	**Cedrus atlantica**	Atlas cedar. Most valued for the essential oil distilled from the wood.
122P	**Celtis australis**	European Hackberry. Produces edible fruits (1 cm, 0.4" across) and seeds.
124D	**Ceratonia siliqua**	Carob. Nitrogen-fixing legume, it produces the well known carob beans.
124F	**Cercidiphyllum japonicum**	Katsura tree. The timber is valued for joinery, cabinet work, furniture etc.
125	**Cercis canadensis**	Redbud. The flowers are edible raw (nice in salads), the buds pickled/cooked.
125C	**Cercis siliquastrum**	Judas tree. Flowers are edible raw in salads, the flower buds may be pickled.
126P	**Cladrastis lutea**	Yellow wood. Nitrogen-fixing legume, yellow dye is obtained from the wood.
129	**Cornus mas**	Cornelian cherry. Cherry-like fruits are edible with a plum flavour.
129B	**Cornus officinalis**	Japanese cornelian cherry. A small tree, bears edible cherry-like fruits.
130D	**Crataegus durobrivensis**	A rare tree. It bears sweet, tasty and juicy red fruits, 16 mm (0.7") across.
130E	**Crataegus ellwangeriana**	A rare tree. It bears sweet, tasty and juicy red fruits, 20 mm (0.8") across.
130H	**Crataegus mollis**	Red haw. The red fruits are edible, 12-25 mm (½-1") across.
130L	**Crataegus monogyna**	Hawthorn, Quick, May. Young leaves and the fruits are edible
130N	**Crataegus oxycantha**	Midland hawthorn. Similar to C.monogyna but smaller and has fewer thorns.
130P	**Crataegus tanacetifolia**	Syrian haw. Bears edible fruits, up to 2.45 cm (1") across, of good flavour.
130R	**Cupressus macrocarpa**	Monterey cypress. Good windbreak and shelterbelt trees, esp. near the coast.
131M	**Diospyros kaki**	Oriental persimmon. Bears delicious large fruits (persimmons/Sharon fruits).
132	**Diospyros lotus**	Date plum. A medium-sized tree from E.Asia, edible small fruits.
133	**Diospyros virginiana**	American persimmon. Bears excellent edible sweet fruits which hang well.
142	**Gleditsia triacanthos**	Honey locust. Seed pods contain a sweet edible pulp; nitrogen-fixer.
143	**Hippophae rhamnoides**	Sea buckthorn. Abundant fruits are edible. Nitrogen-fixing. Dioecious.
143B	**Hippophae salicifolia**	Willow-leaved sea buckthorn. Fruits are edible. Dioecious.
143C	**Hovenia dulcis**	Japanese raisin tree. The enlarged fruit stalks are edible, being sweet.

Code	Species	Tree description
144C	**Juniperus virginiana**	Eastern red cedar. The small blue fruits are edible, the leaves are medicinal.
144H	**Koelreuteria paniculata**	Golden rain tree. The leaves and roasted seeds are edible.
144L	**Laburnum anagyroides**	The timber is one of the hardest and heaviest of all European trees.
144J	**Larix decidua**	Larch. Needles and bark provide dyes. Timber valued for construction etc.
145C	**Liquidambar styraciflua**	Sweet gum. Edible gummy exudation from the trunk. Used medicinally.
145F	**Liriodendron tulipifera**	Tulip tree. The timber is valued for construction, roof shingles, fencing etc.
148	**Maackia amurensis**	Used in reforestation as a green manure tree. Nitrogen-fixing.
149	**Maclura pomifera**	Osage orange. Dyes, rubber and medicinal products obtained from the fruits.
154G	**Metasequoia glyptostroboides**	Dawn redwood. Has very valuable timber, similar other redwood species.
154F	**Morus alba**	White mulberry. Bears sweet edible fruits and edible leaves.
155	**Morus alba tatarica**	Russian mulberry. Bears sweet edible fruits and edible leaves. Windbreaks.
155C	**Morus nigra**	Black mulberry. The fruits are sweet and edible with a good flavour.
156P	**Ostrya carpinifolia**	Hop hornbeam. The wood is used for carpentry and charcoal.
156M	**Paulownia tomentosa**	Empress tree. A fast growing timber tree.
156N	**Phellodendron amurense**	Amur cork tree. The bark yields a yellow dye. A good bee plant. Timber.
158L	**Pinus armandii**	Chinese white pine. Bears edible seeds, up to 13 mm (0.5") long.
159	**Pinus cembra**	Swiss stone pine. Seeds from cones are ½" (12 mm) long and edible.
162	**Pinus koraiensis**	Korean nut pine. The seeds from cones are ½" (12 mm) long and edible.
159L	**Pinus nigra austriaca**	Austrian pine. Used as a shelterbelt tree, and as a major forestry tree.
159M	**Pinus nigra corsicana**	Corsican pine. Used as a shelterbelt tree, and as a major forestry tree.
159P	**Pinus pinaster**	Maritime pine. Edible seeds, 10mm long. Shelterbelts, dune stabilising.
163	**Pinus pinea**	Umbrella pine, Stone pine. Bears large edible seeds.
159T	**Pinus radiata**	Monterey pine. A major forestry and agroforestry tree
160E	**Pinus sylvestris**	Scots pine. A major forestry tree in Europe.
165	**Prunus cerasifera**	Cherry plum. Bears plum-sized fruits which are edible, sweet and juicy.
165G	**Prunus lusitanica**	Portuguese cherry laurel. Widely used as a hedging and shelterbelt tree.
165F	**Prunus mahaleb**	St Lucie cherry. A useful windbreak and erosion control tree.
165L	**Prunus serotina**	Black cherry. Fruits have long been used to flavour rum and brandy.
165S	**Pseudotsuga menziesii**	Douglas fir. Very widely grown as a timber tree; shoot tips used to make tea.
165X	**Pyrus communis**	Wild pear. A dye can be obtained from the leaves, tree used in shelterbelts
168	**Rhus typhina**	Staghorn sumach. Fruit clusters can made into lemonade-like drink.
170	**Robinia pseudoacacia**	Black locust. Valuable timber, nitrogen-fixer and bee tree.
173	**Sambucus nigra**	Elderberry. Edible flowers (raw/in drinks) and black fruits (raw or cooked).
174B	**Sassafras albidum**	Sassafras. Leaves, shoots, and root bark all used as a beer flavouring.
174F	**Sequioa sempervirens**	Coast redwood. The timber is extremely durable.
174H	**Sequioadendron giganteum**	Wellingtonia, Sierra redwood. The timber is extremely durable.
175F	**Sophora japonica**	Japanese pagoda tree. The seed pods yield a dye. A useful bee plant.
175H	**Sorbus aria**	Whitebeam. Fruits are edible if bletted, frosted or cooked.
175L	**Sorbus aucuparia**	Rowan, Mountain ash. Fruits are edible (usually made into preserves).
176	**Sorbus domestica**	Service tree. Large (25 mm, 1") fruits which are edible bletted or cooked.
176C	**Sorbus intermedia**	Swedish whitebeam. Fruits it produces are edible. A good bee plant.
177	**Sorbus torminalis**	Wild service tree. Bears edible sweet russety-brown fruits 12-18 mm across.
177S	**Taxodium distichum**	Swamp cypress. Has exceptionally durable timber valued in wet conditions.
177R	**Taxus baccata**	Yew. Seeds are poisonous but the red flesh around them is sweet and edible.
177T	**Thuja occidentalis**	American arbor-vitae, White cedar. Young shoots are used to make a tea.
177W	**Thuja plicata**	Timber is highly valued and durable, used for roofing shingles, boarding, etc.
178	**Tilia cordata**	Small leaved lime. The young leaves are edible; flowers are used for tea.
179	**Tilia platyphyllos**	Large leaved lime The young leaves are edible; flowers are used for a tea.
179C	**Tilia tomentosa**	Silver lime. Young leaves are edible, and the flowers used to make a tea

Code	Species	Tree description
179D	**Toona sinensis**	Chinese cedar. Fine edible young shoots and leaves.
180E	**Tsuga heterophylla**	Western hemlock. A major forestry tree, timber used for all construction etc.
180G	**Ulmus glabra**	Wych elm. Best known for its durable timber, esp. in contact with water.
180F	**Ulmus pumila**	Siberian elm. The wood is very decay-resistant.

Shrub seeds

Code	Species	Shrub description
091B	**Acanthopanax senticosus**	Siberian ginseng. The roots are used as a ginseng substitute.
091D	**Acca sellowiana**	Pineapple guava. Evergreen shrub bears reddish-green edible fruits 5cm long.
100	**Actinidia arguta**	Hardy Kiwi. Vigorous climber, bears excellent edible sweet fruits 25mm across.
100C	**Actinidia chinensis**	Kiwi Fruit. Climber with large smooth-skinned fruits of excellent flavour.
101	**Actinidia kolomikta**	Manchurian gooseberry. A vigorous climber with edible plum-sized fruit.
101F	**Akebia quinata**	Chocolate vine. Climber, seed pods contain a delicious edible pulp.
101H	**Akebia trifoliata**	Three leaf akebia. A climber. The sweet pulp from the seeds pods is edible
105	**Alnus viridis**	Green alder. Medium shrub, nitrogen-fixer, good in hedges/windbreaks.
106	**Amelanchier alnifolia**	Saskatoon. Bears tasty, sweet blue-black fruit about ½" (12 mm) across
106C	**Amelanchier canadensis**	Serviceberry. A large shrub bearing edible sweet bluish fruits.
107	**Amelanchier lamarckii**	Apple serviceberry. Bears good crops of sweet, tasty, apple-flavoured fruits.
107C	**Amorpha fruticosa**	False indigo. A medium nitrogen-fixing shrub. legume.
107M	**Aralia chinensis**	Chinese angelica tree. Large shrub, young shoots edible with angelica flavour.
110F	**Arctostaphylos uva-ursi**	Bearberry, Kinnikinnick. A prostrate evergreen shrub; fruits are edible.
111	**Aronia melanocarpa**	Aronia berry. Shrub which bears lots of edible black fruits, 7 mm across.
112	**Asimina triloba**	Pawpaw. Large shrub with large bottle-shaped fruits of fine flavour.
113	**Atriplex canescens**	Saltbush. An evergreen shrub. The leaves and shoots make a good spinach.
114	**Atriplex halimus**	Mediterranean salt bush. Evergreen shrub, leaves and shoots are good eating.
116C	**Berberis buxifolia**	Magellan barberry. Evergreen shrub, black fruits are eaten cooked/in preserves.
117	**Berberis darwinii**	Darwin's barberry. Evergreen shrub, bears abundant edible fruits.
118	**Berberis lycium**	Indian barberry. Semi-evergreen shrub, bears edible juicy purple fruits.
119	**Berberis vulgaris**	Barberry. Bears lots of clusters of bright red, egg-shaped edible fruits.
119C	**Berberis wilsonii**	Wilson's barberry. Dense spiny shrub to 1m high with edible fruits.
120H	**Calluna vulgaris**	Ling, Heather. The flower heads and young shoots are used to make a tea/beer.
121	**Calycanthus floridus**	Carolina allspice, Spicebush. Leaves and bark used as cinnamon flavouring.
122	**Caragana arborescens**	Siberian pea shrub. Large leguminous. Seeds & young pods edible when cooked.
122E	**Ceanothus sanguineus**	Oregon tea. A nitrogen-fixing shrub. The leaves are used to make a tea.
123	**Cephalotaxus fortunei**	Chinese plum yew. A large evergreen shrub. The large fruits are edible.
124	**Cephalotaxus harr.drup.**	Japanese plum yew. Evergreen bushy shrub. The fruits are edible.
125B	**Cercis occidentalis**	California redbud, Western redbud. The flowers can be eaten in salads
125T	**Chaenomeles cathayensis**	Cathay Quince. Bears large aromatic fruits which are eaten cooked.
126	**Chaenomeles japonica**	Japonica. Small shrub, bears fragrant, edible fruits 40mm across (best cooked).
126M	**Chimonanthus praecox**	Wintersweet. The flowers are edible - used for flavouring and to make a tea.
126C	**Clematis vitalba**	Old man's beard. Climber. The young shoots are edible, Stems for basketry.
127C	**Colutea arborescens**	Bladder senna. A nitrogen-fixing legume. A good hedging and bee plant.
127J	**Cornus capitata**	Bentham's cornel. Bears large edible fruits, up to 40mm across
128	**Cornus kousa chinensis**	Chinese dogwood. The fruits, 2-3 cm across, are edible with sweet, juicy, pulp.
129D	**Coronilla emerus**	Scorpion senna. A good nitrogen-fixing shrub, and the plant is used medicinally.
131	**Cytisus scoparius**	Broom. Nitrogen-fixing legume; several dyes are obtained from the plant.
131C	**Decaisnea fargesii**	Blue bean. Bears metallic-blue seed pods with a sweet edible pulp within.
135	**Drimys winterii**	Winter's bark. Evergreen shrub, pungent bark is used as a pepper substitute.
136	**Elaeagnus angustifolia**	Russian olive, Oleaster. Large shrub, nitrogen-fixer, edible fruits, 12mm across.
138	**Elaeagnus multiflora**	Goumi. Shrub to 2m high, nitrogen-fixing, cherry-sized dark red edible fruits.

Code	Species	Shrub description
139	**Elaeagnus umbellata**	Autumn olive. Large shrub; nitrogen-fixing, bears red edible fruits in autumn.
139A	**Ephedra nevadensis**	Mormon tea. The sweet fruits & seeds are eaten; stems are used to make a tea.
140	**Gaultheria shallon**	Salal, Shallon. Small evergreen shrub bears dark purple edible fruits, 1cm.
140C	**Genista tinctoria**	Dyer's greenweed. Dwarf shrub, nitrogen-fixer. All aerial parts used for dyeing.
142J	**Halesia carolina**	Snowdrop tree. Edible white flowers in spring followed by edible 4-winged fruits.
142L	**Hamamelis virginiana**	Witch hazel. Best known for its medicinal leaves and inner bark.
143E	**Hypericum androsaemum**	Tutsan. Bees love the flowers and the plant is used medicinally.
143T	**Hypericum calycinum**	Makes a good ground cover. Likes a well drained soil and sun; loved by bees.
143F	**Ilex aquifolium**	Holly. Wood burns well when green, also valued for inlay work, veneers, etc.
144	**Juniperus communis**	Juniper. Yields edible fruit used in gin. Also used as a nurse shrub and in hedges.
144Q	**Lavandula angustifolia**	Lavender. Medicinal leaves and flowers, and the oil from the flowers.
144N	**Lespedeza bicolor**	Bush clover. Fodder and green manure plant (n-fixing) and a good bee plant.
145	**Lindera benzoin**	Spice bush, Wild allspice. All parts usable as an allspice flavouring.
146	**Lupinus arboreus**	Tree lupin. A bee plant, n-fixer and the flowers yield a yellow dye.
147	**Lycium barbarum**	Goji. Bears edible fruits; also has edible young shoots.
152	**Mahonia aquifolium**	Oregon grape. Bears edible fruits cooked & sweetened. Excellent ground cover.
153	**Mahonia nervosa**	Water holly, Oregon grape. The fruits are edible; ground cover
154	**Mahonia repens**	Creeping barberry, Creeping Oregon grape. Edible fruits and ground cover.
155E	**Myrica californica**	Californian wax myrtle. Leaves used as a flavouring, waxy fruits make candles.
155F	**Myrica cerifera**	Wax myrtle. Leaves are used as a flavouring, waxy fruits make candles.
155H	**Myrica pensylvanica**	Northern bayberry. Leaves are used as a flavouring, waxy fruits make candles.
156	**Myrtus communis**	Myrtle. The fruits, leaves, flower buds are all used as a flavouring.
156H	**Parthenocissus quinquefolia**	Virginia creeper. The fruits yield a dye, stems are used for basketry; bee plant.
156Q	**Parthenocissus tricuspidata**	Japanese ivy, Boston ivy. Branches are used for basketry, bees like the flowers.
156L	**Passiflora caerulea**	Blue passion flower. Bears orange-red fruits, pulp inside used as a flavouring.
156T	**Passiflora edulis**	Purple passion fruit, Purple granadilla. Edible pulp in large fruits.
157	**Phormium colensoi**	Mountain flax. Evergreen shrub, leaves produce a strong fibre - ropes etc.
158	**Phormium tenax**	New Zealand flax. Evergreen shrub, leaves produce strong fibre - ropes.
159R	**Pinus pumila**	Dwarf Siberian pine. Seeds, up to 10 x 7 mm in size, edible & easily harvested.
164	**Poncirus trifoliata**	Trifoliate orange. Shrub, pulp/juice from fruits used as a lemon substitute.
167	**Rhus glabra**	Smooth sumach. Fruit clusters soaked in water to make a lemonade-like drink.
171C	**Rosa rubiginosa**	Sweet briar. The hips are edible, as are the fragrant flower petals.
172	**Rosa rugosa**	Ramanas rose. Bears large edible hips. Excellent in hedges and windbreaks.
172B	**Rosmarinus officinalis**	Rosemary. Source of the familiar leaves used for flavouring; flowers are edible.
172H	**Ruscus aculeatus**	Butcher's broom. Has medicinal uses, shoots used for brooms.
172F	**Ruta graveolens**	Rue. Dwarf evergreen shrub, medicinal, perfumery and bee plant.
172A	**Salvia officinalis**	Sage. Leaves and flowers are edible as a culinary herb.
174	**Sambucus racemosa**	Red berried elder. Small tree. Edible flowers and bright scarlet fruits.
174C	**Schisandra chinensis**	Magnolia vine. Bears scarlet edible fruits, young leaves also edible when cooked.
175	**Shepherdia argentea**	An excellent nitrogen-fixing species. The scarlet fruits are edible raw or cooked.
175C	**Shepherdia canadensis**	Russet buffalo berry. An excellent nitrogen-fixing species, produces edible fruits.
177B	**Spartium junceum**	Spanish broom. A nitrogen-fixer; a fibre is made from the stems.
177C	**Staphylea pinnata**	Bladder nut. Bears edible seeds 1 cm across tasting rather like pistachio nuts.
177Z	**Thymus serpyllum**	Wild thyme. Leaves are used for flavouring. Bee plant and ground cover.
178A	**Thymus vulgaris**	Thyme. The leaves are used as a flavouring, and all parts medicinally.
180C	**Ulex europaeus**	Gorse, Furze, Whin An excellent nurse or windbreak shrub.
180M	**Vaccinium myrtillus**	Bilberry, Whortleberry. Bears sweet-acid edible fruits, 12 mm across; bee plant.
183	**Viburnum opulus**	Guelder rose. Bright red fruits and bark are used medicinally.
184	**Viburnum trilobum**	Highbush cranberry. Fruits made into a cranberry jelly type preserve.

Code	Species	Shrub description
184C	**Vitex agnus-castus**	Chaste tree. Fruits and seeds used as a pepper substitute, leaves as a spice.
184L	**Wisteria sinensis**	Chinese wisteria. A fibre, paper and cloth can be made from the bark. N-fixer.
184N	**Yucca baccata**	Spanish bayonet. The tough leaves used for basketry and to make a fibre.
185	**Zanthoxylum alatum**	Nepal pepper. The fruits are peppery and can be used as a spice and pepper.
187B	**Zanthoxylum schinifolium**	Szechuan pepper. The leaves can be used as a flavouring, the fruits as a spice.
188	**Zizyphus jujube**	Chinese date, Jujube. Bears edible fruits which are cherry to plum sized.

Perennials & short-lived plant seeds

Code	Species	Description
091C	**Acanthus mollis**	Bear's breeches. Perennial ground cover, spreads by suckers, leaves medicinal.
099D	**Achillea millefolium**	Yarrow. Mat-forming perennial, spreads via rhizomes. Edible leaves, medicinal.
101B	**Agastache foeniculum**	Anise hyssop. Leaves and flowers edible raw, with sweet aniseed flavour.
091D	**Agastache nepetoides**	Giant yellow hyssop. To 1.8m high, spikes of yellow-green flowers. Leaves and flowers for drinks and flavouring.
101D	**Agastache rugosa**	Korean mint. The leaves are anise-flavoured and used as a flavouring.
101G	**Alchemilla mollis**	Lady's mantle. The leaves, stems and roots are all well known medicinal parts.
101J	**Alliaria petiolata**	Garlic mustard. The leaves are edible with a garlic/mustard flavour.
101	**Allium altaicum**	Altai onion. Almost evergreen with edible bulbs and leaves, like Welsh onion.
101C	**Allium angulosum**	Mouse garlic. Almost evergreen with edible bulbs and leaves.
101K	**Allium babingtonii**	Babington leek. Perennial leek species for edible bulbs or leeks.
101N	**Allium carinatum pulchellum**	Keeled garlic. Bulbous perennial. Edible leaves & flowers – garlic flavour.
101H	**Allium cernuum**	Nodding wild onion, Edible bulbs (strong flavour), leaves (delicious) and flowers.
101V	**Allium fistulosum**	Welsh onion. Forms clumps of onion-flavoured bulbs, and rounded leaves.
101E	**Allium ledebournianum**	Siberian chives. Edible bulbs, leaves and flowers.
101L	**Allium moly**	Golden garlic. Perennial; edible leaves, flowers and bulbs - a mild garlic flavour.
101M	**Allium neapolitanum**	Daffodil garlic. Perennial with garlic-flavoured bulbs, young leaves and flowers.
101T	**Allium ramosum**	Fragrant-flowered garlic. Similar to garlic chives but flowering earlier.
101P	**Allium schoenoprasum**	Chives. Usually grown for the edible leaves, excellent raw in salads or cooked.
101R	**Allium senescens**	Ballhead onion. Vigorous bulbous perennial. Edible bulbs, leaves, young shoots.
101U	**Allium senescens montanum**	German garlic. Vigorous bulbous perennial to 60 cm (2 ft) high with purplish-pink flowers in summer. Edible bulbs, leaves, young shoots.
101S	**Allium sphaerocephalum**	Round headed garlic. Bulbous perennial. Edible bulbs, leaves.
101Q	**Allium tuberosum**	Garlic chives. Edible leaves with a garlic flavour; also bulbs, seeds and flowers.
102	**Allium ursinum**	Ramsons, wild garlic. Forms carpets of garlic-flavoured foliage from e.spring.
105C	**Althaea officinalis**	Marsh mallow. Young leaves are edible as are the starchy roots.
107E	**Angelica archangelica**	Angelica. a large biennial. Stems are edible, often candied. All medicinal.
107D	**Angelica dahurica**	Chinese angelica, Bai Zhi. Tall-growing, edible stems and seeds, also medicinal
107F	**Anthriscus sylvestris**	Cow parsley, wood chervil. Leaves are used as a herb – chervil flavour.
107G	**Anthyllis vulneraria**	Kidney vetch. Low growing perennial legume with flowers loved by bees.
107H	**Aquilegia vulgaris**	Columbine. The flowers and leaves are edible – sweet.
110S	**Arnica chamissonis**	American arnica. Slowly spreading perennial growing 60cm high. Has the same medicinal benefits as the European arnica, but much easier to grow.
111C	**Artemisia dracunculus**	Tarragon. Perennial, source of the familiar herb.
111F	**Artemisia vulgaris**	Mugwort. European perennial, mainly used for the medicinal leaves and shoots.
111J	**Asclepias speciosa**	Showy milkweed. A vigorous perennial. Fibre plant, seed floss for stuffing.
111L	**Asclepias tuberosa**	Butterfly weed, Pleurisy root. A tuberous perennial. See A.speciosa for uses.
112A	**Asperula odorata**	Sweet woodruff. Flowers are edible in salads and the leaves as a flavouring.
112B	**Asphodeline lutea**	Yellow asphodel, King's spear. Flowers are deliciously sweet and excellent in salads. The cooked roots (small) are edible with a nutty flavour.
112M	**Astragalus mongholicus**	Chinese milk vetch. Perennial legume, nitrogen fixer, Chinese medicinal plant.

Code	Species	Description
115	**Barbarea vulgaris**	Rock Cress, Yellow Rocket. Biennial/short-lived perennial, edible laves & flowers.
119F	**Beta vulgaris maritima**	Sea beet. Deep rooted perennial has good edible cooked leaves.
120M	**Bunias orientalis**	Turkish rocket. A robust hardy perennial with edible leaves & flower heads.
120T	**Calamintha nepeta**	Lesser calamint. The leaves are used as a mint flavouring and for teas.
120J	**Caltha palustris**	Marsh marigold. Perennial for wet sites, good for bees and other insects.
120X	**Camassia quamash**	Quamash. Bulbous perennial; the bulbs are edible cooked, chestnut flavour.
121B	**Campanula latifolia**	Giant bellflower. Perennial, ground cover, edible leaves, young shoots, flowers.
121H	**Campanula rapunculoides**	Creeping bellflower. Has pleasant edible leaves, and a nice edible root.
121L	**Campanula rapunculus**	Rampion. Formerly grown for its edible roots (raw or cooked – sweet).
121P	**Capsicum pubescens Rojo**	Tree chilli. Annual/Shrub to 2m high, bears abundant crops of rounded chilli peppers, hot! Evergreen in frost free conditions.
122S	**Centranthus ruber**	Jupiter's beard, Red valerian. The young leaves are edible raw or cooked.
126A	**Chamaemelum nobile**	Roman chamomile. Widely used medicinally - flowers, also the essential oil.
126F	**Chenopodium bonus-henricus**	Good king Henry. The leaves and young shoots make a good spinach cooked.
126B	**Cichorium intybus var.intybus**	Chicory. Deep rooted perennial, bitter leaves are used in cooking.
126T	**Claytonia sibirica**	Siberian purslane. The leaves are edible, raw (an excellent salad plant).
129E	**Coronilla varia**	Crown vetch. Legume, bee plant, green manure, ground cover.
129G	**Crambe cordifolia**	Colewort. A perennial brassica. The young leaves and shoots are edible cooked.
130Q	**Cryptotaenia japonica f.viridis**	Japanese parsley. A hardy perennial, valuable as a salad plant and herb.
130T	**Cynara cardunculus**	Cardoon. The blanched leaf stalks & unopened flower buds are eaten cooked.
130W	**Cynara scolymus**	Globe artichoke. Usually grown for the edible flower receptacles.
134	**Diplotaxis tenuifolia**	Perennial wall rocket. Low growing perennial, edible peppery leaves.
135B	**Duchesnea indica**	Perennial, usually evergreen, bears edible red fruits with crunchy seeds.
135	**Dystaenia takesimana**	Korean celery. Perennial growing to 1m high or so, with edible leaves/stems having an earthy celery flavour. Often used in soups and stews.
135D	**Echinacea purpurea**	Purple coneflower. Perennial with medicinal roots.
139P	**Eryngium campestre**	Field eryngo, Snakeroot. The young shoots and roots are cooked and eaten.
139E	**Eupatorium perforatum**	Boneset, Throughwort. Used as a medicinal plant – leaves and stems used.
139G	**Filipendula ulmaria**	Meadowsweet. The leaves can be used for tea, the flowers for wine.
139H	**Foeniculum vulgare**	Fennel. The well-known anise flavoured herb used for flavouring and teas.
139J	**Fragaria vesca**	Wild strawberry. A low growing perennial groundcover, edible fruit.
139L	**Galega officinalis**	Goat's rue. Legume, bee plant, green manure and fodder plant.
139K	**Galium album**	Hedge bedstraw. Good ground cover & flowers are good for beneficial insects.
139M	**Galium verum**	Lady's bedstraw. Used medicinally and to curdle milk. All parts give dyes.
140D	**Gentiana lutea**	Yellow gentian. Well known as a source of edible rhizomes used in liqueurs.
142C	**Glycyrrhiza echinata**	Russian liquorice. Roots are edible raw as flavouring and tea. N-fixer.
142F	**Glycyrrhiza glabra**	Liquorice. Roots are edible raw – the source of common liquorice. Nitrogen fixer.
142Q	**Helianthus maximiliani**	Maximilian sunflower. Produces edible tubers (a perennial artichoke).
142T	**Hemerocallis lilioasphodelus**	Lemon daylily. Perennial, bears bright yellow flowers which are excellent eating.
142S	**Hemerocallis minor**	Grassleaf daylily. Edible flowers, young leaves & shoots cooked; ground cover.
142P	**Herniaria glabra**	Rupturewort. Evergreen perennial; leaves & flowering shoots used medicinally.
143A	**Hosta sieboldiana elegans**	Perennial for shade,young shoots make good eating in spring.
143G	**Hypericum perforatum**	St John's wort. A long-used medicinal plant; also a dye plant.
143J	**Hyssopus officinalis**	Hyssop. Leaves are used as a flavouring; the flowers are edible, bee plant.
143H	**Juncus inflexus**	Hard rush. Stems used for basketry and matting. Water fowl fodder and cover.
144M	**Lamium purpureum**	Red dead-nettle. Perennial, early bee plant, ground cover, edible shoots.
144O	**Lathyrus maritimus**	Beach pea. Perennial legume, bee plant, ground cover and green manure.
144P	**Lathyrus pratensis**	Meadow vetchling. Perennial legume, bee plant and green manure.

Code	Species	Description
144V	**Leonurus cardiaca**	Motherwort. The leaves and stems are used medicinally and provide dyes.
144S	**Levisticum officinale**	Lovage. All parts edible with a have a yeasty-celery flavour.
145T	**Lotus corniculatus**	Bird's foot trefoil. Bee plant, fodder plant, medicinal flowers. Nitrogen-fixing.
145V	**Lotus pedunculatus**	Greater Bird's foot trefoil. Nitrogen-fixer, bee plant, fodder plant.
146B	**Lupinus albus Dieta**	White lupin. Dieta is a 'sweet' annual variety with edible seeds. Bee plant.
146C	**Lupinus perennis**	Wild lupin. An excellent nitrogen-fixing legume and mineral accumulator.
153A	**Malva alcea**	Hollyhock mallow. The leaves and flowers are excellent in salads.
153B	**Malva moschata**	Musk mallow. The leaves and flowers are excellent in salads with a mild flavour.
153D	**Malva sylvestris**	Common mallow. The leaves and flowers are excellent in salads.
153M	**Marrubium vulgare**	Hoarhound. The leaves and essential oil are used as a flavouring in liqueurs.
153P	**Medicago lupulina**	Black Medick, Trefoil. Excellent biennial nitrogen-fixer, bee plant, ground cover.
153T	**Melilotus officinalis**	Yellow melilot, Sweet clover. Biennial legume, bee plant and green manure crop.
154B	**Melissa officinalis**	Lemon balm. Lemon-scented leaves are excellent as a flavouring.
154A	**Mentha aquatica**	Water mint. Spreading perennial, bee and butterfly plant, flavouring.
154C	**Mentha longifolia**	Horsemint. Edible leaves, flowering tops, and essential oil as a flavouring.
154H	**Mentha piperita**	Peppermint. The familiar hybrid mint used for flavouring, herb teas etc.
154E	**Mentha pulegium**	Pennyroyal. Leaves are used as a flavouring, a well-known medicinal herb.
154L	**Mentha spicata**	Spearmint, Green mint. The familiar mint found in garden herb beds.
154D	**Mentha suaveolens**	Apple mint, Round-leaved mint. Leaves are used for flavouring and salads.
154M	**Micromeria thymifolia**	Leaves with a minty-thyme flavour, used for flavouring and to make teas.
154N	**Monarda citriodora**	Lemon bergamot. Perennial, wonderful flavoured leaves for making teas etc.
154P	**Monarda didyma**	Sweet bergamot. The leaves can be used as a flavouring or for tea. Bee plant.
154T	**Monarda fistulosa**	Wild bergamot, bee balm. Leaves are used for flavouring and to make herb teas.
155S	**Myrrhis Odorata**	Sweet Cicily. Perennial herb with anise/liquorice flavoured leaves and roots.
156A	**Nasturtium officinale**	Watercress. Peppery leaves & shoots are edible.
156C	**Oenothera biennis**	Evening primrose. Biennial growing, all parts are edible, mineral accumulator.
156G	**Onobrychis viciifolia**	Sainfoin. Nitrogen fixing green manure plant, bee and insect plant.
156D	**Origanum majorana**	Marjoram. A slightly tender aromatic perennial plant, widely used as seasoning.
156B	**Origanum vulgare**	Oregano, Pot marjoram. Leaves are used as a culinary herb.
156F	**Oxyria digyna**	Mountain sorrel. Leaves edible raw in salads, with an excellent lemony flavour.
156R	**Parthenium integrifolium**	Wild quinine. Leaves are used medicinally to treat fevers.
158A	**Phragmites australis**	Reed. An excellent water purifier, stems are used for thatching and craft uses.
158B	**Physalis alkekengi**	Chinese lantern, Japanese lantern, Winter cherry. Edible fruit.
158D	**Phytolacca americana**	Pokeweed. A medicinal plant (roots used); the fruits furnish a red ink and dye.
158F	**Pimpinella saxifaga**	Burnet saxifrage. Young leaves & shoots eaten in salads, seeds as a condiment.
161	**Plantago coronopus Minutina**	Bucks horn plantain. Biennial, the leaves are an excellent edible.
161A	**Plantago lanceolata**	Ribwort plantain. The young leaves can be eaten raw or cooked, also medicinal.
163G	**Polemonium caeruleum**	Jacob's ladder. The herb is medicinal; bees love the flowers.
163H	**Polemonium reptans**	Abscess root. Ground cover plant, the dried roots have been used medicinally.
163M	**Polygonatum multiflorum**	Solomon's seal. Creeping perennial, edible young shoots in early spring.
163S	**Polygonatum odoratum**	Solomon's seal. Creeping perennial, edible young shoots in early spring.
164F	**Prunella vulgaris**	Self heal. The leaves are medicinal and edible (after bitterness removed)
165Y	**Pulmonaria officinale**	Lungwort. Medicinal leaves and flowering shoots, a good ground cover plant.
165Z	**Pycnanthemum pilosum**	Mountain mint. Leaves & flower buds are minty and used as a flavouring.
166G	**Rheum officinale**	Medicinal rhubarb. Leaf stalks are edible in the same way as ordinary rhubarb; the roots are used medicinally.
172C	**Rumex acetosa Large leaved**	Sorrel. A hardy perennial with excellent lemony leaves for salads or cooking.
172D	**Rumex patienta**	Herb patience. European perennial growing to 60 cm (2 ft) high. Has excellent edible sorrel-like leaves

Code	Species	Description
172E	**Rumex sangineus var.sanguineus**	Red-leaved dock, Bloodwort. The young leaves make a good cooked vegetable.
173A	**Sanguinaria canadensis**	Bloodroot. Medicinal roots, red dye from roots, bee plant.
173C	**Sanguisorba minor**	Salad burnet. The young leaves are available all year and are edible in salads.
173D	**Sanguisorba officinalis**	Great burnet. Young leaves are a good edible for salads.
173B	**Sanicula europaea**	Wood sanicle. All parts are medicinal; a mineral accumulator and ground cover
174A	**Saponaria officinalis**	Soapwort. Ground cover plant, the leaves and roots can be used for soap.
173M	**Scirpus lacustris**	Great bulrush. Many edible parts, used for baskets etc.
173Q	**Secale montanum x**	Perennial rye. Lives 2-8 years. Gives reliable grain yields every year.
174J	**Sedum kamtschaticum**	Low growing perennial. Leaves and yellow flowers make good eating in salads.
174E	**Sedum rupestre**	Jenny stonecrop. A mat-forming evergreen perennial edible young shoots.
174D	**Sedum telephium**	Orpine. The leaves are edible and the plant makes a good ground cover.
175A	**Silene vulgaris**	Bladder campion. Perennial, leaves make excellent eating.
175B	**Smilacina racemosa**	False spikenard. Bears very nice edible small fruits – treacle flavoured.
175D	**Smyrnium olusatrum**	Alexanders. The young shoots, leaves, flower buds, roots all edible.
175G	**Solidago virgaurea**	European goldenrod. Perennial, good beneficial insect plant with medicinal uses.
177M	**Symphytum officinale**	Comfrey. Well known deep rooted perennial and mineral accumulator.
177Q	**Tanacetum parthenium**	Feverfew. A well-known medicinal herb. Flower buds have insecticidal qualities.
177P	**Tanacetum vulgare**	Tansy. Used to attract predators of insect pests - good under fruit trees.
179E	**Trifolium dubium**	Lesser trefoil, Suckling clover. Low nitrogen-fixing ground cover and bee plant.
179F	**Trifolium hybridum**	Alsike clover. Nitrogen-fixing plant for bees, green manure and fodder.
179J	**Trifolium pratense**	Red clover. Nitrogen-fixing plant for bees, green manure and fodder.
179P	**Trifolium repens**	White clover. Nitrogen-fixing plant, edible leaves, green manure and fodder
180P	**Valeriana officinalis**	Valerian. A well-known and medicinal and mineral accumulating plant.
184B	**Vicia sativa spp nigra**	Common vetch. Annual n-fixer with purplish flowers loved by bumble bees.
184D	**Vicia sylvatica**	Wood vetch. N-fixer, tolerant of some shade, with white and purple flowers.
184A	**Viola odorata**	Sweet violet. Leaves, flower buds & flowers all edible raw; a ground cover plant.
184E	**Viola tricolor**	Heartsease, wild pansy. Short-lived, flowers are used in salads.

Publications

See website for more details/pricing of books.

The main books (by Martin Crawford)

Creating a Forest Garden
How to Grow Perennial Vegetables
Food from your Forest Garden
Trees for gardens, orchards and permaculture
Shrubs for gardens, agroforestry & permaculture
How to Grow your own Nuts

Other books

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Plants for basketry
Timber Trees for Temperate Climates

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