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

# Herb's Garden Cafe – The Edible Garden

## Ethnobotany for the Gourmet Cook

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

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

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

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

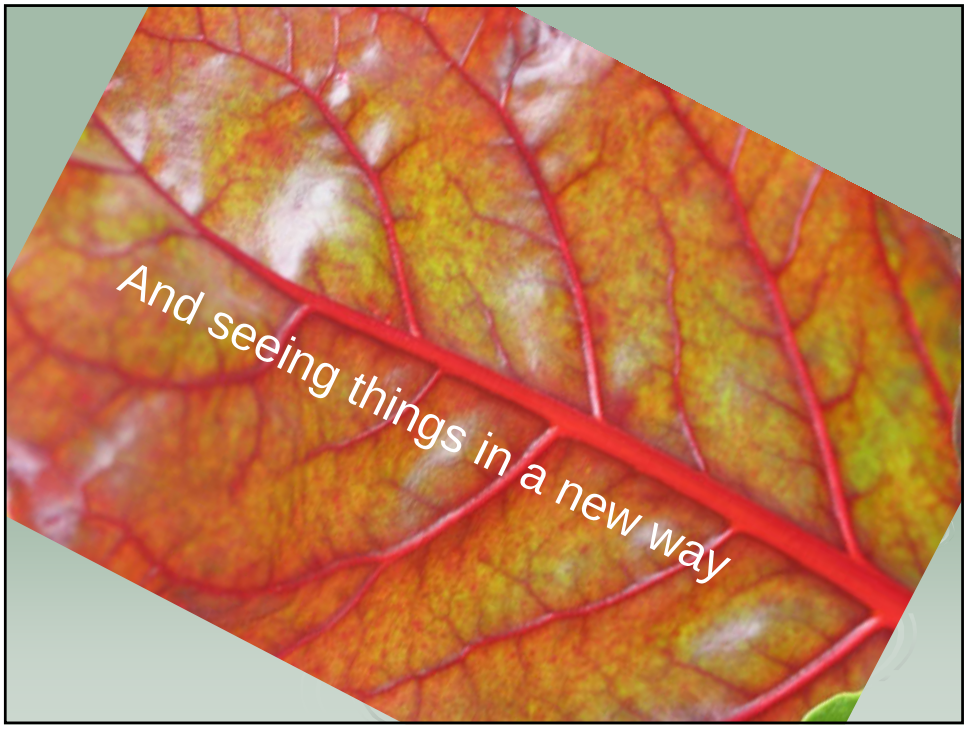
# WATER EFFICIENT EDIBLE LANDSCAPING

**Deva Luna**

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

## Why Edible Landscaping?

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




## Use the same design principles as ornamental plantings

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

Raised Beds with Copper Strip

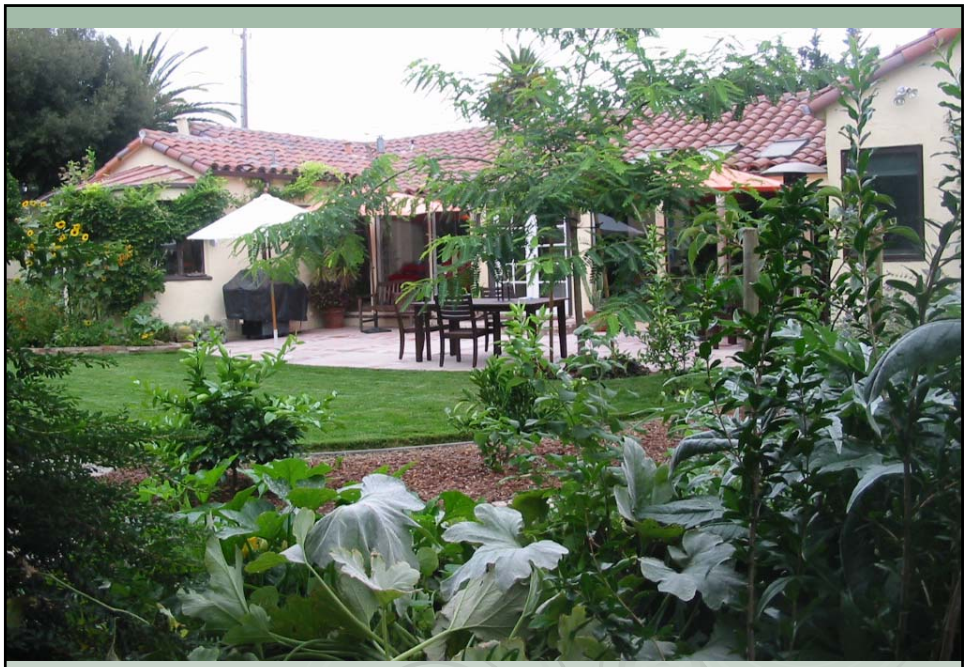
Design: Maureen Decombe, Installation: EarthCare Landscaping

Edibles incorporated into the landscaping

## Landscaping Functions

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

Design: Cheryl Renshaw, Installation: EarthCare Landscaping



Design: Deva Luna  Installation: EarthCare Landscaping

Lettuce tucked into tiny side yard

Scarlet Runner Beans and herbs in a Menlo Park front garden

# Palo Alto Front Yard

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

--Designer Fran Adams

## Water Wise Pointers

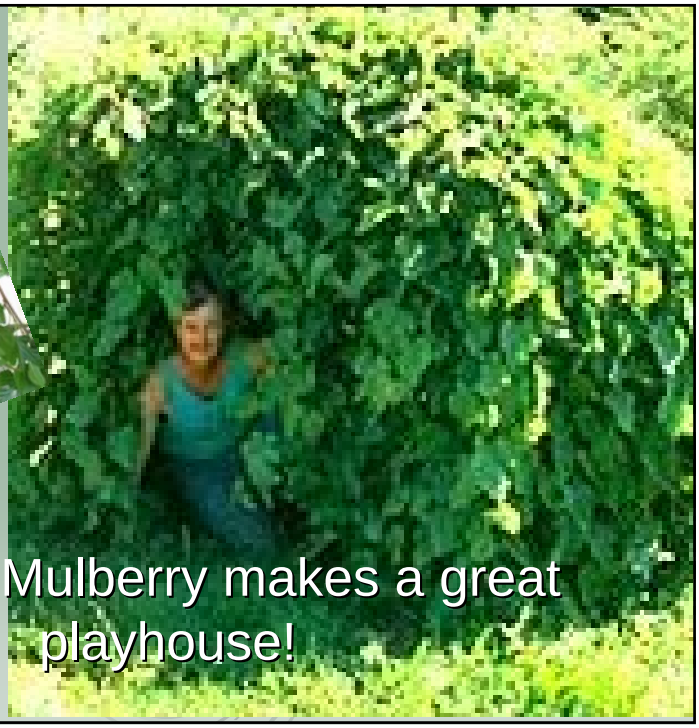
- Hydrozones (irrigate ‘like with like’)
- Minimize lawns and spraying
- Drip irrigation and other technologies
- Winter gardening (rain!!!)
- Keep water on site
- Mulch!

## Keep water on site

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

# Favorite Trees

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



Weeping Mulberry makes a great playhouse!

Weeping Mulberry

Mulberry Hedge

# Persimmon

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

# Elderberry

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

# Lots to choose from!

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

# Edible Shrubs

Pineapple Guava

•Edible flowers and fruit

• Evergreen

•Drought tolerant

•Screening shrub

•Small attractive tree

# Caper

- Drought tolerant
- Ground cover
- Attractive
- Edible buds

# Myrtle

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

Bronze Fennel, Artichoke, and Pineapple Guava

# Oregon Grape

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

# Gorgeous Vegetables

Romanesco Broccoli

# Peppers

Bright Lights Swiss Chard

Harvest of Squash

Asparagus

Mixed Lettuces

Eggplants

# Favorite Edible Flowers

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

# Alaska Nasturtium

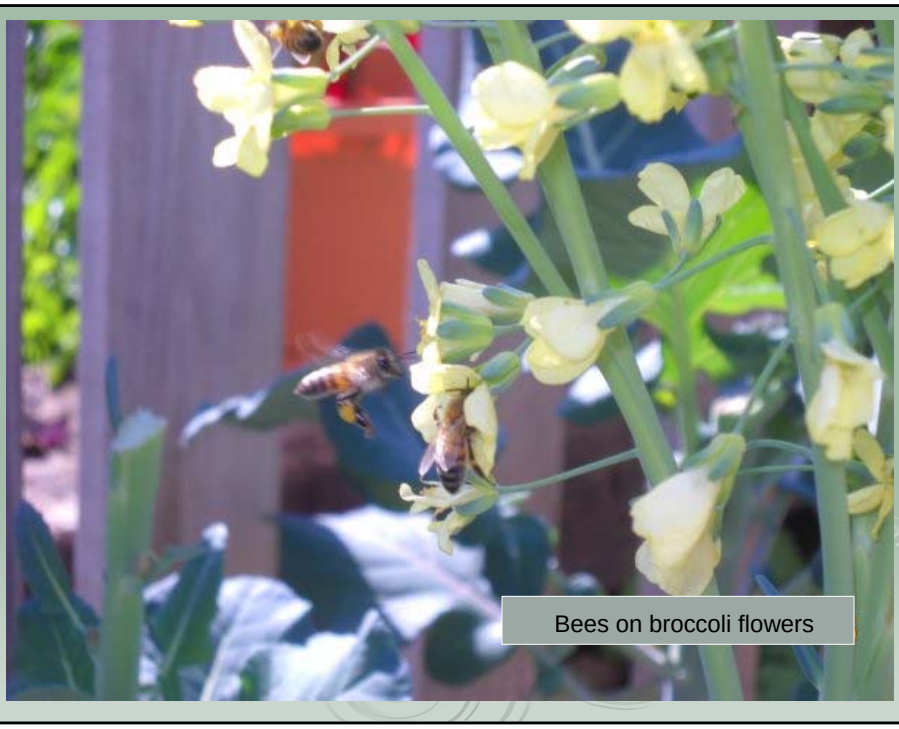
## Watercress

*(Nasturtium officinale)*

Important!

Only use proven safe edible flowers

## Nasturtium Butter



Bees on broccoli flowers

Zucchini blossom

# Daylily

# Borage

Pansy or Viola

Pineapple Guava

# Notable Herbs

# Stevia

Lemon Grass

# Carrot

makes a great cut flower!

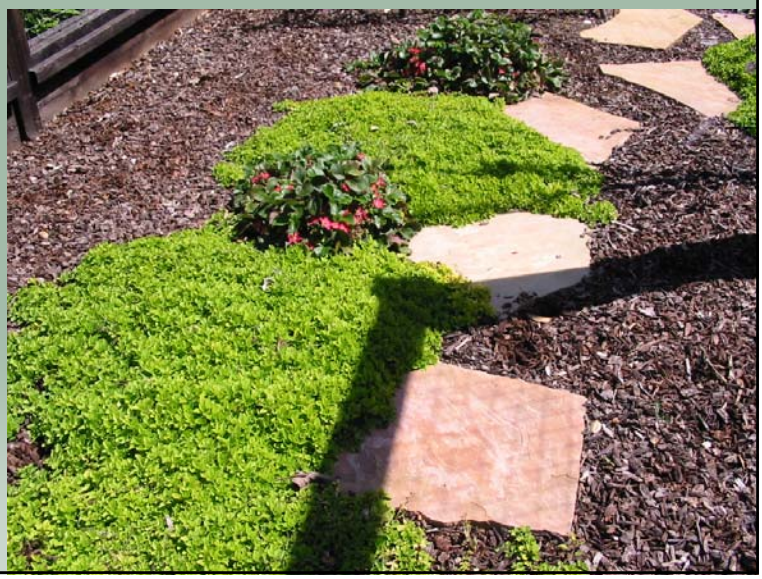
# Ground Covers

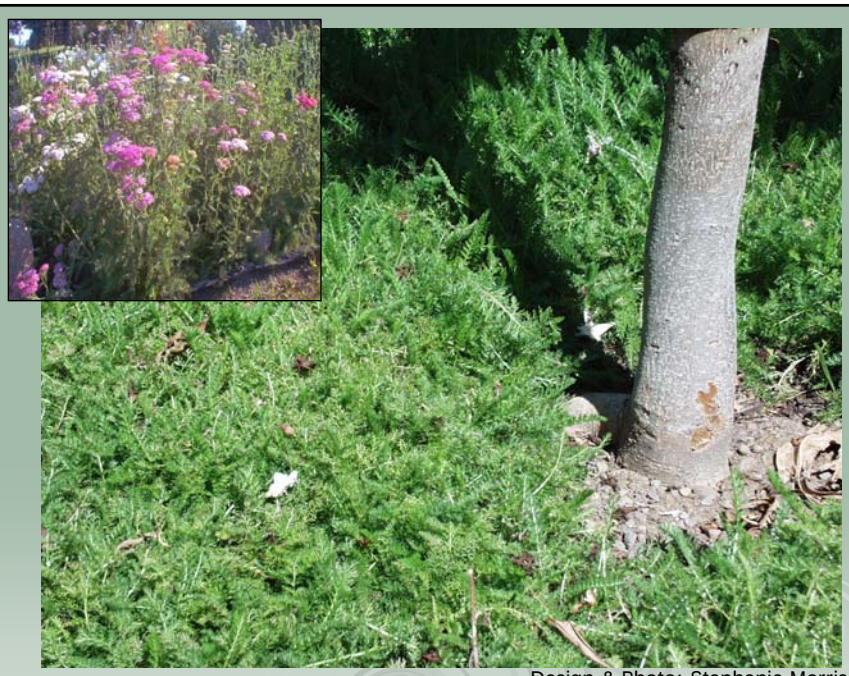
Strawberry as a ground cover or between stepping stones.

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

Strawberries in Drain Pipe

# Golden Oregano





**Yarrow “Lawn”**

Design & Photo: Stephanie Morris

# Drama in the yard !

Amaranth border

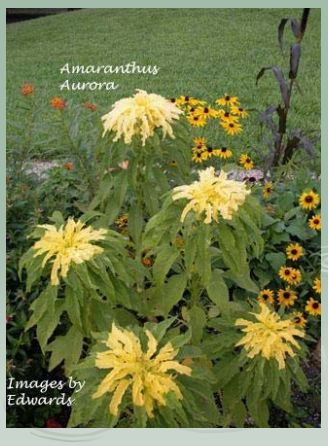
# Elephant Head Amaranth

# Amaranth is an edible grain

## More kinds of Amaranth

## Love Lies Bleeding

# Joseph's Coat Amaranth




# Rhubarb

# Brussels Sprouts

# Artichoke

Violetto Artichokes

Cardoon

# Red Fava Beans

Fava beans also add nitrogen to the soil

# Roots & Tubers

Burdock root

# Horseradish

# Sunchoke

# Yacon

# Oca-
## a Peruvian Oxalis

# Vines

- Arbor for shade
- Trellis for screening
- Create a ‘garden room’
- Archway over a gate

California Grape
Vitis californica ‘Roger’s Red’

# Upo or Cucuzzi

# Edible Passion Fruit

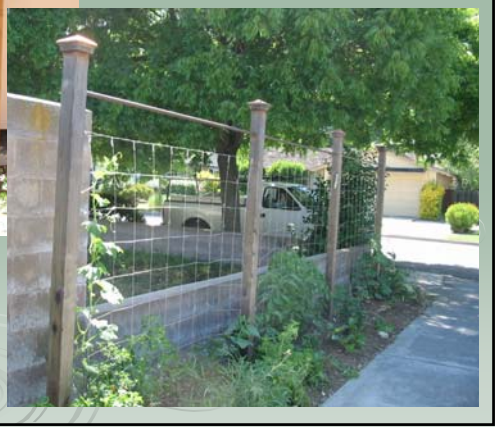
# Chayote

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

# Espalier:

## Make a shrub two-dimensional

Strawberry Guava



Design: Maureen Decombe , Installation: EarthCare Landscaping

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

**Design: Deva Luna** **Installation: EarthCare Landscaping**

## Rainbow Chard, Borage & Calendula

## Edibles hidden everywhere

## Some Edible Weeds

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

# Nettles

# Purslane

# Lamb's Quarters

# Eating from the wild weeds!

Mustard
Wild Radish
Mallow
Wild Garlic

# More Resources

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