

Needle Mt Food Forest

Plantlist



Berries:

Saskatoon

Black Currant

Red & white Currant

Gooseberry

Raspberries

alpine strawberry/ strawberry

Haskap

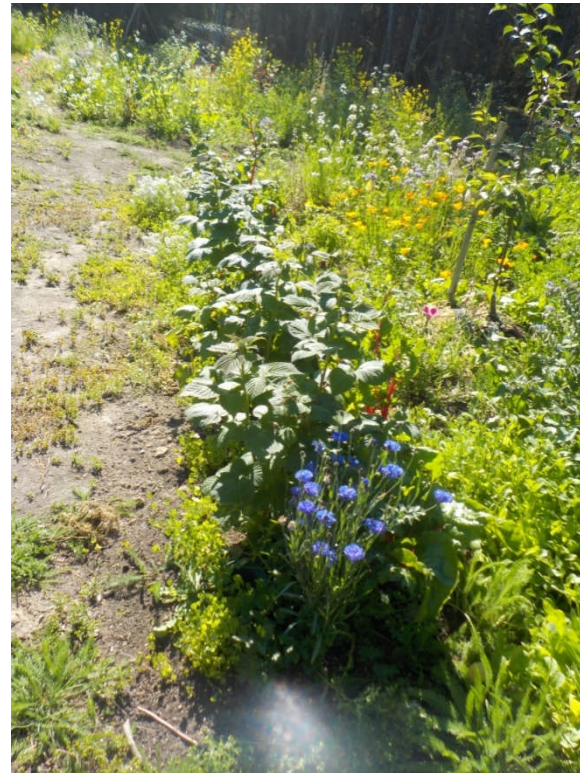
Wild rose

Aronia

Thimble berries

wild:

- **Highbush Cranberry**
- **Lowbush cranberry**
- **Moosberry**
- **Highbush Blueberry**
- **soapberries**
- **cloudberries**



Fruits

- Siberian Pear
- Apple- various zone 2-3
- Evans cherries
- Chokecherries
- Pin cherries, Sand cherries, Nankin cherries
- Pembina Plum
- Manchurian Apricot
- Grapes valerian and Quebec
- Elderberries
- Wolfberries



Nut Trees:

- Korean pine
- Siberian pine
- Hazelnuts (beaked or hybrid)



Deciduous Trees & Shrubs:

Willows : varieties for basket, furniture, erosion control, windbreak

Paper Birch

Alder

Nitrogen Fixing Trees & Shrubs:

Sea Buckthorn

Siberian Pea Shrub (Carragana)

Russian Olive



ground cover

alfalfa, buckwheat, oats, mustards, rye, field peas

Red/ white clover, soapwort, spinach, cress,

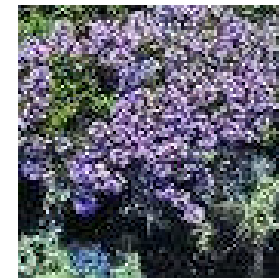
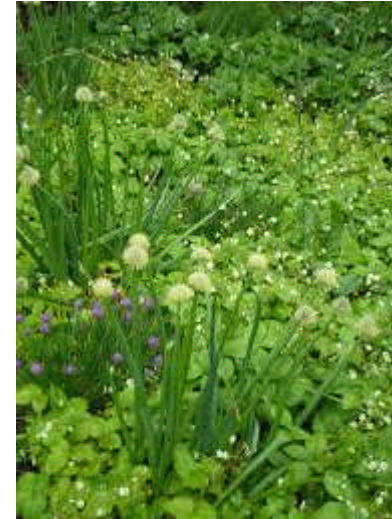
weeds ?? wild

- Plantain
- Chickweed
- Knotweed
- Yarrow
- Fireweed
- Pineappleweed
- Shepards purse
- Arnika
- Sage
- Lambs Quarter
- strawberry blite
- Dandelion
- Nettles
- Lungworth



herbs

- russian Sage
- Mint - various
- mother of thyme
- catnip
- chives
- chervil
- lovage
- camomile
- coltsfoot
- hyssop
- lemon balm
- marjoram
- Roseroot
- sorrel



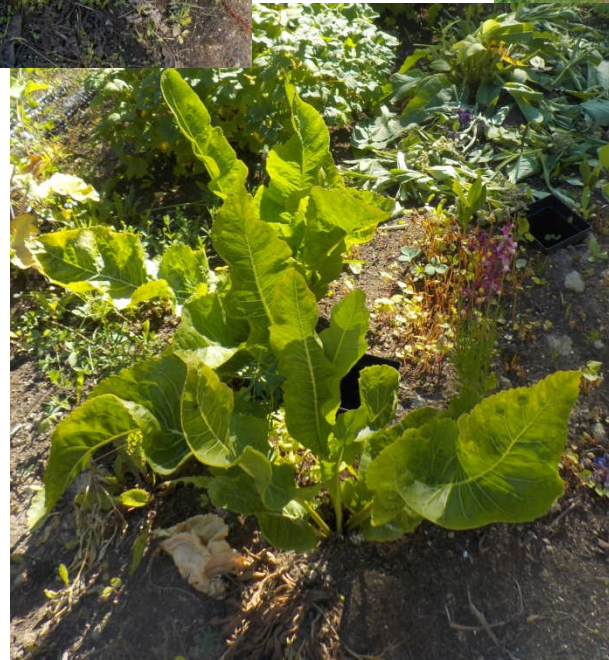
flowers

- Delphiniums
- Arnika
- Beeflower
- Calendula
- lily of the valley
- Daylilies
- Hollyhock
- Milkweeds
- Viola
- Various edible annuals



Other edible/ useful perennials

- Mountain Sorrel
- ramps
- horseradish
- sunchokes
- asparagus
- burdock, gobo
- sweet cicely
- wild chicoree
- borage
- rhubarb
- Fern
- Onions, garlic, shallots



Annuals in forest garden

- **Lettuce** wide variety as undergrowth

Arugula
miners lettuce,
portulak,
romaine ,
wild chicore,

also

red beets
radish and daikon
chard
spinach
kale

(some are self seeding !)

