

Session 5 Food Friendly Yard Winter Email Gardening Course : Edible Landscaping and Perennial Vegetables

For a long time our gardening aesthetic has divided plants into utilitarian and ornamental, those we grow for food and those we grow for beauty. They have been given different places in our landscapes, with vegetables grown in the backyard and ornamentals decorating the front of the property. That is changing now and tucking food producing annuals, perennials, and fruit into ornamental borders is becoming more and more accepted as a way of getting better production from home properties. You may choose to add to existing borders, remove and replace ornamentals with food producing plants and shrubs, or create new edible landscaping from the ground up. Edible landscaping can be as attractive as landscaping designed for beauty. Maintaining food crops planted this way is often less labor intensive than growing in designated beds. With more plant diversity, there are often fewer insect predators to deal with.

This week's videos show a variety of ways to approach edible landscaping with fruits and perennial vegetables. Perennial vegetables like asparagus, Jerusalem artichoke, Chives, Egyptian Onions , do not need to be planted every year.

The videos will introduce you to a number of plants, shrubs and trees that you may not be familiar with as food sources. Did you know you can eat hostas and daylilies, for example? There is a video about edible flowers. And, have you thought about growing mushrooms? One of the videos is a lesson on growing wine cap mushrooms, an easily recognizable and delicious variety. I have grown them in my yard and appreciate that I can make use of shaded areas.

Be advised that some of the plants shown may not be hearty in our planting Zone 5b for Durham NH. so be sure to check before buying plants. Don't assume that plants you find at Lowes or Home Depot have been chosen for sale in our Zone. Last year at the end of the season I wanted to buy some nice peach trees at Home Depot that they were getting ready to discard. The trees weren't marked by variety and no one could tell me what variety they were. I went on the Home Depot site online and discovered the trees were a variety that grows in Zone 7-8—Georgia Peaches for sure. What a shame.

There are references to several books on edible landscaping and catalogs from companies where you can purchase plant materials.

Videos

<https://www.youtube.com/watch?v=xzGizKHZ-hA>

suburban yard packed with edibles in the landscape

<https://www.youtube.com/watch?v=zSyul72QbOQ>

Edible vegetables for shade

<https://www.youtube.com/watch?v=1jZekaOtdb0>

top 10 perennial vegetables for food forest

<https://www.youtube.com/watch?v=jTmiCyOVhpo>

30 perennial vegetables

<https://www.youtube.com/watch?v=HQwQtips0QQ> (landscape garden, focus on edible plants/shrubs not your regular market garden veggies)

<https://www.youtube.com/watch?v=fgQZNpZf0CQ> (perennial garden)

<https://www.youtube.com/watch?v=xuZSjtz2Ajs> (edible flowers)

<https://www.youtube.com/watch?v=ZBLnyMFBAWc>

winecap mushrooms

Catalog Resources

<https://www.starkbros.com/> Stark Brother's Nursery

<https://www.fedcoseeds.com/trees/> Fedco Seeds

<https://www.nh.gov/nhnursery/> NH State Forest Nursery

Provides many seedling varieties with a focus on wildlife but some plants are also for human consumption

Books

Edible Landscaping *with a Permaculture Twist* Michael Judd

The Foodscape Revolution Brie Arthur

Gaia's Garden Toby Hemenway

Landscaping with Fruit, Lee Reich