

# Loping Coyote Farms

2017 Plant Catalog for our  
7<sup>th</sup> Annual Spring Plant Sale

Saturday April 29, 2017

10 am – 2 pm

Location:

Too Soul Tea Company

542 1/2 Plumas St.

Reno, NV 89509

Expect most plants to be bareroot and ready to go in the ground immediately, though with proper care they can also wait a week or more until you are ready to plant. There will be some potted plants as well.

**Preorder Requirements:**

**Minimum Total Order of \$100**

Or

**Minimum Bundles of 10 (of any one plant)**

Preorder to reserve your plants and we'll have them bundled and ready for you to pick up at the sale. Or just show up for the sale and shop onsite - there will be plenty of unreserved plants to choose from.

**Preorder now through April 10, 2017** to get discounted sale prices before items sell out.

After the date of the sale, prices increase and availability rapidly decreases.

Speak with us about finding or growing plants for you that are not listed within our catalog. To see other plants that we sometimes sell that are not in the catalog, find our **Master Nursery List** on our website: [lopingcoyotefarms.com](http://lopingcoyotefarms.com).

**We now accept credit cards** as well as checks and cash. Pay for preorders online with PayPal. Fill out and email us an order form and we will send you a PayPal invoice. (Note preorder requirements above)

Email or call for more information:

**[lopingcoyotefarms@gmail.com](mailto:lopingcoyotefarms@gmail.com)**

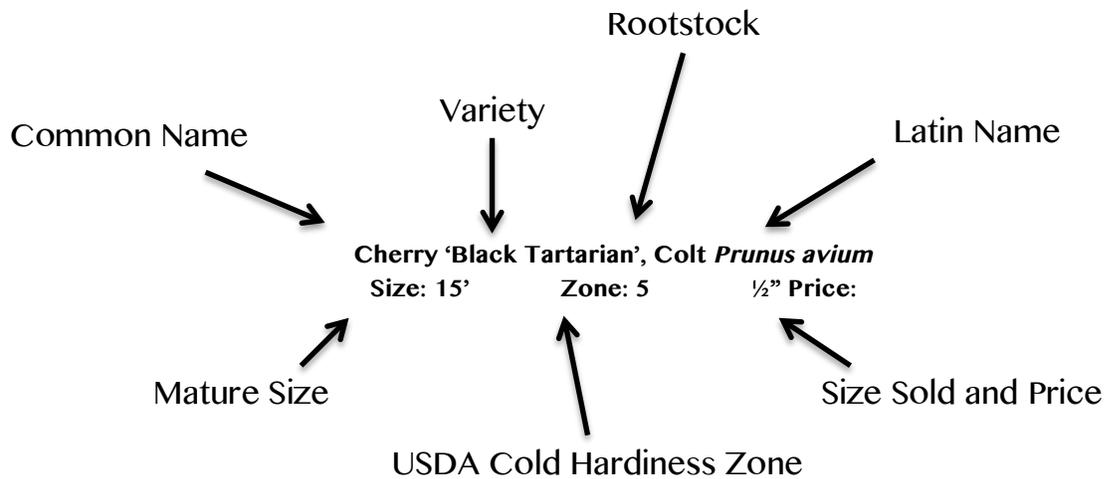
Nathan Rosenbloom

775-686-0008

Visit our website to find our **Order Form**, our **Master Nursery List**, and more information about the design, consulting, garden/farm development and educational work we do:

**[lopingcoyotefarms.com](http://lopingcoyotefarms.com)**

# Legend & Key



## Description

Rated as one of the most flavorful sweet cherries, Black Tartarian bears great crops of very dark red, juicy, sweet fruit. A Black Tartarian tree that was planted in Eugene, Oregon in 1860 is still alive and thriving. It may be the oldest and largest Sweet Cherry tree in the US and has been honored as a Heritage Tree.

Type	Bareroot (by height)	Caliper Bareroot <sup>1</sup>	Potted <sup>2</sup>
<b>Size</b>	6-12" (tall)	3/8"	1 gal = #1
	18-24"	½"	4" (square)
	1-2'	5/8"	3x5 (inches)
	2-3'	3/4"	
	Etc.		
	Root <sup>3</sup>		

<sup>1</sup>Trunk Diameter Size; Bareroot; Generally 3-4' tall

<sup>2</sup>We prefer Anderson Bands and d-pots from Stuewe and Sons (<https://www.stuewe.com/>) to encourage deep rooting

<sup>3</sup>Bareroot without top growth including: roots, tubers, rhizomes and herbacious root division

# Forest Garden



A forest garden mimics the structure, function and diversity of native ecosystems. At Loping Coyote Farms Nursery we select plants to help you build forest gardens and other productive ecosystems. We offer plants to fill all the structural and functional plant roles needed for such a system.

That means we offer plants that can fill all seven layers of a forest garden, which are:

- 1) Root crops
- 2) Groundcover
- 3) Herbaceous understory
- 4) Shrubs
- 5) Small Trees
- 6) Overstory trees
- 7) Vines

Some of the ecological functions we prefer to include while establishing our production systems are:

- 1) Production: Food, Firewood, Timber, Medicine, Fodder
- 2) Fertility Support: Nitrogen Fixers, Dynamic Accumulators, Mulch-Biomass-Fast Carbon Pathways
- 3) General Support: Nurse Plants, Groundcovers, Succulents
- 4) Insectary: Pollinators and Predators
- 5) Rooting Diversity: Spike Roots, Fibrous Roots, Clumpers, Runners
- 6) Four Season Solar Panels: Evergreens, Warm Season, Cool Season
- 7) Wildlife/Habitat: Natives, Small Fruits and Seeds, Shelter

Contact us for consulting/design/contracting services if you would like help designing, installing, and maintaining your forest garden, native landscape, edible landscape, pollinator garden, backyard farm, or broadacre farm/ranch.

Find us online at our website: [lopingcoyotefarms.com](http://lopingcoyotefarms.com)

# Berries

## Autumn Olive 'Garnet', *Eleagnus umbellata*

**Size:** 10-12'      **Zone:** 4      **4-5'**      **Price:** \$23

This is one of our favorite multi-use small trees. Autumn Olive is a hardy, easy-to-grow nitrogen-fixing plant (one of the few N-fixers that we can grow here that isn't covered in thorns!). It's a wide spreading shrub/small tree with silvery foliage, lots of fragrant yellow flowers, and small berries for eating fresh or for preserves. It's a beautiful ornamental, and also provides wildlife food and habitat, not to mention great berry grazing for yourself in the fall. In our opinion, the varieties are significantly better tasting than the standard landscape-grade seedlings. *Garnet* Autumn Olive gives abundant crops of large, reddish-bronze berries, ripening in mid to late September. The fruits are sweet and astringent and soft seeded. They are a colorful addition to fall fruit salads or green garden salads. Autumn Olive is not bothered by pests or diseases and is self fertile. Produces 2nd year after planting.

## Blackberry, Thornless 'Triple Crown'

**Size:** 6'      **Zone:** 6      **1-2'**      **Price:** \$14

This is our go-to every time for blackberries in our area. They have been the largest and juiciest and most productive thornless variety of all that we have tried in the Reno area. Triple Crown is the newest thornless blackberry from the Agricultural Research Service's Fruit Laboratory in Beltsville, MD. The berry is named for its three crowning attributes- flavor, productivity and vigor. The plants yield large, glossy black fruits that are pleasantly firm. Attractive and flavorful, it ripens a week or so earlier than 'Chester Thornless.' Triple Crown berries are larger than Chester too.

## Currants

The English word 'currant' has been used for this fruit only since 1550, taken from the fruit's resemblance to the dried currants of Greece, which are raisins made from a small seedless grape. The much older English name *ribes* is of ancient Indo-European origin and is common to other languages. Currants like morning sun, afternoon part-shade and buoyant air circulation. They can be grown in the high shade of fruit trees as well as on the north side of buildings. With their fibrous, shallow roots, currants are ideal for drip irrigation. Keep the plants well watered until the fruit is harvested. At this point they stop active growth and the watering frequency can be reduced. Plants stressed for water are susceptible to mildew. Currants are not finicky about soil but, in keeping with their proclivity for cold, prefer heavier soils richer in clay. A thick mulch of some organic material also keeps the soil cool in summer while adding humus to the soil. Fully set strigs will be a pendulous chain of small berries.

Black currants commonly ripen from the top down, encouraging birds to strip berries as they color. Modern red currant varieties have been selected for their ability to ripen all the berries on a strig at once. Berries of red, white and pink currants are translucent; black currants are matte brown-purple. White currants are an albino form of the red currant. They are more versatile but less colorful than the red. Both are fine for all culinary uses, but whites are of lower acidity, thus also suitable for fresh eating. The best sorts are nearly transparent. Black Currants have a characteristic aroma, highly esteemed by northern Europeans. Leaves also release the scent when rubbed. Fruits of the black currant are astringent, suitable only for culinary uses, not really for fresh eating. Black currant is native to northern Europe and north and central Asia. The first historical reference to this fruit was in the 17th century, when it became known more as a medicinal fruit than one useful for culinary purposes. It was discovered to have a soothing effect on sore throats, which is now attributed to its high vitamin C content. Black currant may be the most nutritious fruit of all. While most super-fruits are high in specific nutrients, black currant is exceptional in the full range of nutritional components. Data from the USDA shows that volume-for-volume in terms of minerals, compared to blueberry it has nine times the calcium, five times the iron, four times the magnesium, nearly five times the phosphorous and four times the potassium; in terms of vitamins, it has 18 times the vitamin C and four times as much vitamin A. Black currant also has more than twice the anthocyanin content (third only to elderberry and aronia) and twice the flavonoids of blueberry. A study at the University of Glasgow in 2010 found that black currants had a higher antioxidant capacity and anthocyanin content than blueberries, raspberries, cranberries and red currants.

## Currant, Black 'Ben Lomond' *Ribes nigrum*

**Size:** 5'      **Zone:** 3      **1-2'**      **Price:** \$9

The most popular commercial variety in Scotland because it is a very heavy producer with the traditional strong pungent flavor. The *Ben* series, named after the mountains of Scotland, are among the easiest to grow and highest quality black currants in the world.

## Currant, Black 'Laxton's Giant' *Ribes nigrum*

**Size:** 5'      **Zone:** 3      **1-2'**      **Price:** \$9

An excellent back yard bush producing very large (almost as big as a cherry!) excellent quality berries. The thin skinned, juicy and sweetish fruit ripens early. The Vigorous and spreading disease resistant bush is heavy yielding and resistant to frost.

**Currant, Black 'Risager' *Ribes nigrum*****Size: 5'      Zone: 3      1-2' Price: \$9**

A very promising new, high yielding, mildew, rust and leaf spot resistant cultivar from the Netherlands. It has very good flavor and its sugar content is among the highest of currants.

**Currant, Black 'Titania' *Ribes nigrum*****Size: 6'      Zone: 3      1-2' Price: \$9**

*Titania* is very mildew and rust resistant. The plant is vigorous, reaching heights of 6 feet. It matures quickly and yields heavily. Fruit is large with a mild (for a black currant) flavor.

*Titania* is a good all-around cultivar. In mixed variety trials, it has shown the best blend of quality, flavor, sweetness and disease resistance. It seems to have as much resistance to spring frosts as any cultivar.

**Currant, Black 'Crandall' *Ribes odoratum*****Size: 4'      Zone: 4      1-2' Price: \$9**

Also known as 'Clove Currant,' this is the most ornamental and the sweetest in flavor of all the black currants. It really isn't a black currant at all – it's a whole different species native to North America. But anyway, it's considered a black currant for some reason. It has deliciously clove scented yellow flowers early in spring on a spreading 3-4' bush. It makes a beautiful edible hedge. The gooseberry shaped leaves turn brilliant red and yellow in the late summer and fall. The fruit is large for a currant and round. It has a nice sweet flavor without the black currant aftertaste. It makes a milder jam, syrup or raisin than other black currants. The plant is rust resistant and easy to grow. It's native to the central states.

**Elderberry**

This is a plant probably as old in human medicine as any, certainly at least in northern climates. For many old-time peoples, the elderberry drives away all evil, and it is said it cannot be struck by lightning. One folk-story says that if you stand beneath an elder on a mid-summer evening, you will see the king of fairyland and all his train ride by. Men used to raise their hats to the elder when they walked by, and in many cultures most homes used to have one growing in their front yard. The entire plant has been used and many herbal writers have said there is hardly a disease from head to foot that the elder will not cure. Elderberries have been a folk remedy for centuries in North America, Europe, Western Asia, and North Africa, hence the medicinal benefits of elderberries are being investigated and rediscovered. Scientists conducting studies on elderberry have showed that the berries contain the highest concentration of anthocyanins among all fruits. Anthocyanins are a type of flavonoid that acts as a powerful antioxidant, enhancing immune function by boosting the production of cytokines, which are messenger proteins in the immune system that help regulate immune response, thus helping to defend the body against disease. Further research

indicated that anthocyanins found in elderberries possess significantly more antioxidant capacity than either vitamin E or vitamin C. Elderberry is higher in antioxidant flavonoids than blueberries, cranberries, goji berries and blackberries. Other studies at Austria's University of Graz found that elderberry extract reduces oxidation of low-density lipoprotein (LDL) cholesterol. Oxidation of LDL cholesterol is implicated in atherogenesis, thus contributing to cardiovascular disease. Health benefits of the elder plant include naturally improving colds, the flu, sinus issues, nerve pain, inflammation, chronic fatigue, allergies, constipation and even cancer. When used within the first 48 hours of onset of symptoms, the extract has actually been found to reduce the duration of the flu with symptoms being relieved on an average of four days earlier. Additionally, some herbalists put the flower of the elder on the list of most effective herbs used for treating hay fever-like symptoms. Elderflower is also said to act as a detoxification aid by enhancing liver function. The plant is also known to encourage healthy skin and lower blood sugar. Most species of elderberries are edible when picked ripe and then cooked. Both the skin and pulp can be eaten. However, it is important to note that **uncooked berries and other parts of plants from most species in this genus are poisonous.** *Sambucus nigra*, the European elderberry, is the variety of elderberry that is most often used for health benefits and it is the only variety considered to be non-toxic even when not cooked (although until very recently it has also been the only species tested for medicinal benefits in accepted science), but it is still recommended to cook the berries at least a little to enhance their taste and digestibility. That said, native elderberry species all across the northern latitudes have been used very similarly for a very long time. Our native species in the Great Basin is *Sambucus cearulea*, which we offer for sale and which we have had the most success growing here. We have also had *Sambucus nigra* grow really well, though we do not recommend the American elderberry, *Sambucus canadensis*, which is native to the eastern part of this continent and has not done nearly as well for us here.

**Elderberry, Black 'Allesso' *Sambucus nigra*****Size: 8'      Zone: 4      1 gallon Price: \$19**

This popular and very productive variety is grown in Europe for fruit production. In addition to large clusters of tasty fruit, *Allesso* is prized for its dark green foliage and large clusters of creamy white flowers.

**Elderberry, Black 'Korsor' *Sambucus nigra*****Size: 8'      Zone: 4      2-3' Price: \$19**

This Danish black elderberry cultivar is grown commercially because of its high yields. Korsor is well known for its exceptional medicinal qualities and immune boosting properties. Big clusters of large dark blue, juicy berries.

**Elderberry, Black 'Samdal' *Sambucus nigra*****Size: 8' Zone: 5 2-3' Price: \$19**

In its native Denmark, *Samdal* is considered an excellent variety and is planted in commercial elderberry fields. Sweet, flavorful berries are borne in large clusters. Bushes are very high yielding and easy to manage, with black fruits that are especially high in antioxidants. Plants bear on two-year-old wood. *Samdal* will send up many new canes from the base each year, so in order to keep the plant more manageable, you can prune out the second year canes after the crop has finished.

**Elderberry, Blue, seedling *Sambucus caerulea*****Size: 12-20' Zone: 4 18-24" Price: \$10**

This is a native Nevada deciduous shrub that can attain a height of 12'-20' and can grow 10' wide. Blue elderberry is beloved in its native environs for its use in making jam, pie and wine with the blue fruit. The blue elderberry is a fast growing, multi-trunked large shrub or small tree. Large clusters of creamy white flowers occur in spring and summer, followed by dense clusters of blue to black berries. The flowers and berries attract bees and an amazing number of birds and other wildlife. Blue elderberry tolerates many types of soil conditions and is relatively easy to grow. Plants in full sun produce more flowers and berries than those in shady conditions. It is drought tolerant, but holds its leaves longer and looks better with moderate summer irrigation. Hard pruning each winter will keep blue elderberry manageable and attractive. It is best planted in an area with enough space to fill out, but plants that have grown out of control can be cut back to the ground. It is often used in revegetation projects for its wildlife and habitat value.

**Goji Berry 'Crimson Star' *Lycium barbarum*****Size: 5' Zone: 5 1 gallon Price: \$18**

These sweet, super nutritious berries have been renowned for centuries in China for a nearly boundless list of health benefits. Relatively new to the West, these shrubs have a dense, spiny, vining habit and reach 8-10 feet at maturity. Although tolerant of many soil types, they prefer a well-drained location. Full sun exposure will maximize berry production, but at least a half-day of sun will sustain the plants. Goji berries are self-fertile and bloom in early summer with lavender, trumpet shaped flowers followed by glossy, red berries. This is a favorite summer foraging berry in our gardens.

**Gooseberries**

Gooseberries are small to medium, round to oval berries that grow thickly on medium to large-sized thorny bushes. They have grown very well and have been among the most consistent fruits for us over the last 8 years in the Reno area, thus earning a spot as one of our favorite choices for local

fruit production. They grow in the wild all over the temperate climates of Europe, North America, and Siberia, including right here in the Sierras. Botanically, they are a close relative of currants, and belong to the same family of *Grossulariaceae*, and the same genus, *Ribes*. Rich in antioxidant polyphenolics and vitamins, these berries come in different colors, flavors, and shapes. There are hundreds of varieties of gooseberries, which can range in color from yellow to red to pink to green to purple. Fresh gooseberries (and currants) begin to appear in European markets by June or July, but you're gonna have to grow them yourself around here (or go foraging in the mountains). Gooseberries have been consumed for centuries right off the vine or made into pies, jam or other desserts. Like most fruit, gooseberries are a good source of vitamin C. Another of the more notable benefits of gooseberries is their impressive fiber content. Gooseberries also contain a high concentration of vitamin A, and they also supply calcium, phosphorus, vitamin E, iron and magnesium.

**Gooseberry 'Amish Red' *Ribes hirtellum*****Size: 3' Zone: 3 1-2' Price: \$9**

A new large-fruited and flavorful variety with excellent disease resistance. The berries of this American variety are red and medium sized. The large bush is very productive and not susceptible to mildew. It has done notably great for us here in Reno.

**Gooseberry 'Canada 0273' *Ribes grossularia*****Size: 3' Zone: 3 1-2' Price: \$9**

This medium size red skinned pear shaped gooseberry has very good flavor. The bush is less thorny than others and mildew resistant. It is from Ottawa, Canada. Canada 0273 is also now known as *Sabine*.

**Gooseberry 'Hinnomaki Red' *Ribes uva-crispa*****Size: 3' Zone: 3 1-2' Price: \$9**

*Hinnomaki Red* is an introduction from Finland with outstanding flavor and high yields. The small to medium bushes are upright. The dark red, medium-sized fruit has excellent processing potential. The flesh is very sweet, but not all people consider it a dessert fruit because of its tangy outer skin, but much of the tartness dissipates when fully ripe. It begins fruiting the year after planting. With good mildew resistance, this garden favorite reliably produces fruit even in poor soil and shady spots.

**Gooseberry 'Hinnomaki Yellow' *Ribes uva-crispa*****Size: 3' Zone: 3 1-2' Price: \$9**

Superb, hardy, short bushes produce a heavy crop of medium sized, greenish yellow fruits. This unique Finnish hybrid gooseberry has a delicious aromatic flavor with a hint of apricot.

**Gooseberry 'Invicta' *Ribes uva-crispa*****Size: 3'      Zone: 3      1-2' Price: \$9**

*Invicta* is a newer mildew resistant selection from the Malling Research Station in England. It produces heavy yields of flavorful giant green fruit that hang in heavy clusters down the length of the branch. It's known as the tastiest of the green gooseberries. It makes a well-shaped bush. The fruit is excellent for fresh eating, pies, jam, or freezing.

**Goumi 'Red Gem' *Eleagnus multiflora*****Size: 6'      Zone: 4      1-2' Price: \$19**

Native to the Russian Far East, China and Japan, Goumi is a very popular fruit in those regions and is now widely planted in many European and American gardens. Goumi forms a medium size shrub with attractive, silvery green foliage. Its white flowers bloom in mid-spring and are very fragrant and loved by bees. The juicy, scarlet-red fruit is speckled with silver and ripens in July. Aromatic with a flavor reminiscent of pie cherries, it is very good eaten fresh and also makes tasty preserves. As with other species in the genus *Eleagnus*, goumi plants are actinorhizal, growing in symbiosis with the actinobacterium *Frankia* in the soil. These bacteria fix atmospheric nitrogen, making it available in usable form for the host plant, and indirectly for other nearby plants. This feature allows the plant to grow in poorer soils than it could otherwise, and also makes it a great support species for other nearby species. Goumi likes full to half day sun, well drained soil and usually begins bearing the 2nd year after planting. It is pest and disease resistant, and partially self-fertile. *Red Gem* is a variety that came to the states through the Main Botanical Garden in Kiev, Ukraine, where it was kept as a variety with superb fruit flavor.

**Honeyberries**

A non-invasive member of the honeysuckle family, the honeyberry shrub grows circumpolar in the northern hemisphere. They are known as *zhimolost* in Russia, *haskap* in Japan, and *honeyberry* in the U.S. Some people refer to the Japanese varieties as *haskap* and to the Russian varieties as *honeyberry*. These super winter hardy shrubs produce elongated deep blue berries with a high level of antioxidants and a sweet-tart blueberry flavor that is good for fresh eating or making preserves. From ancient times, the native people of this plant's habitat have gathered and consumed the fruit in large quantities. The plants are long lasting – up to 50 years! They have upright or sprawling growth habit, depending on cultivar. They flower early in the spring, but the blossoms are very cold hardy. The fruit ripens in early summer. Plant two varieties for good pollination.

**Honeyberry, 'Blue Forest' *Lonicera caerulea*****Size: 3'      Zone: 3      1-3' Price: \$21**

Large, deep green foliage, compact, spreading form, and large, dark blue, tasty fruit distinguish this attractive and productive variety.

**Honeyberry, 'Blue Hokkaido' *Lonicera caerulea*.****Size: 3'      Zone: 3      1-3' Price: \$21**

A very popular variety with Japanese honeyberry growers, Blue Hokkaido features an upright growth habit and very large, sweet-tart, crisp and flavorful, dark blue berries.

**Raspberry, Black 'Jewell' Summer *Rubus occidentalis*****Size: 5'      Zone: 5      1-2' Price: \$14**

This raspberry plant is vigorous, erect, consistently productive, resistant to anthracnose and widely adapted. The fruit ripens early and the ripening season is concentrated. The berries are large, with glossy skin, coherent, firm, of superior quality and excellent flavor.

**Raspberry, Gold 'Fall Gold' Everbearing *Rubus idaeus*****Size: 6'      Zone: 5      1-2' Price: \$9**

This outstanding, everbearing variety features very sweet and flavorful, large, golden-yellow berries, great for fresh eating, preserves and freezing. For us this has been our best producer in Reno and too delicious to preserve.

**Raspberry, Red 'Autumn Bliss' Everbearing *Rubus spp.*****Size: 5'      Zone: 3      1-2' Price: \$9**

*Autumn Bliss* begins bearing its fall crop earlier than most everbearing varieties. It yields half of its total fall yield during the first three weeks of harvest, thereby insuring a good crop even if there is an early freeze. *Autumn Bliss* has also shown a tolerance to heat. The fruit is large and the skin is slightly dark red with a pleasant raspberry flavor. The canes can be supported or not.

**Raspberry, Red 'Caroline' Everbearing *Rubus idaeus*****Size: 5'      Zone: 4      1-2' Price: \$9**

Vigorous canes produce huge crops of large, firm raspberries with excellent flavor. The first crop ripens in June. The second crop ripens in September through to frost (as with all our everbearing varieties). *Caroline* is more disease resistant and with larger, earlier fruits than most everbearers, and sweeter fruits than most red raspberries. *Caroline* is more resistant to root rots than most raspberries, making it suitable for a wider range of soil types, including heavier soils.

**Serviceberry, Saskatoon, seedling, *Amelanchier alnifolia*****Size: 10-15'      Zone: 3      18-24" Price: \$12**

Native throughout much of North America, especially in the West. Beautiful, soft green open-branching bush that asks very little of its caretakers. Dazzling white fringed flowers

delight in the spring, turning into edible summer blue berries followed by beautiful fall color. Native Americans used the seedy, almond-flavored fruit in pemmican, mixing pounded meat and berries to create a sort of wilderness energy bar.

**Strawberry, June-bearing 'AC Valley Sunset' *Fragaria sp.***

**Size: 6"            Zone: 4            Bundle Price: \$9 for 10**

A new variety from Nova Scotia that has large fruit, very good flavor, good yield compared to other late season varieties, and foliage resistant to most diseases. The fruit is best suited for local fresh markets because of its softer skin.

**Strawberry, June-bearing 'Allstar' *Fragaria sp.***

**Size: 6"            Zone: 4            Bundle Price: \$9 for 10**

*Allstar* has become a major variety during the late mid-season time. The glossy, huge fruit, which holds its size very well, is exceptionally sweet and an excellent u-pick or home garden choice. Its orange/red color and delicate skin lessens its shipping potential. *Allstar's* vigor and disease resistance makes it suitable to almost any growing region and soil condition.

**Strawberry, June-bearing 'Annapolis' *Fragaria sp.***

**Size: 6"            Zone: 3            Bundle Price: \$9 for 10**

This berry from Canada is an early producer of large fruit. It holds its size well through later harvests. Berries are light red and these plants are very winter hardy. An excellent early season choice for u-pick farmers, fresh sales, or home-gardeners.

# Fruit Trees

## Apple 'WineCrisp', M-26 Dwarf, *Malus sp.*

**Size:** 8-10'      **Zone:** 4      **3/8"** **Price:** \$28

*WineCrisp* is a modern disease-resistant variety released in 2009 and developed by the Universities of Purdue, Rutgers and Illinois. Teams worked on developing this apple for 25 years! (Real breeding takes time, it's not genetic engineering). It nearly didn't make the cut still because researchers were worried that the deep red wine color wasn't shiny enough to sell in stores, but the flavor and texture were so good that they kept at it. *WineCrisp* is sweet, juicy and firm, and has an excellent mix of sugar and acid. It's a great dessert apple, but also great for baking. The main intent of the breeding was to create a very scab-resistant apple. Scab is the biggest cause of chemical sprays in the apply industry, with producers spraying as much as 15-20 times a season just for scab (Buy organic! Or better, grow your own!). The breeding worked and this apple is very scab-resistant, and it also has resistance to fire blight and powdery mildew. The fruit stores exceptionally long as well - up to nine months!

## Apple 'Goldrush', M-7 Semi-Dwarf, *Malus sp.*

**Size:** 12-15'      **Zone:** 4      **1/2"** **Price:** \$28

*Goldrush* is a modern disease-resistant apple selection from Purdue University. It is widely recognized as one of the best of all modern apples, both in terms of its flavor and its growth characteristics. It makes a fine addition to any backyard orchard. Its parentage is complex, but it is derived from *Golden Delicious* and inherits that variety's excellent hard crispness, sweetness, and long storage capability. The flavor when freshly picked is pronounced and distinctly sharper than *Golden Delicious*, but it sweetens in storage and it has a good balance of sweet and sharp flavors. The trees are compact and neat. Unusually for a modern variety, *Goldrush* has rapidly become popular for hard cider production - it is a juicy apple, and the juice is also very characterful, with an intense rich tangy sweetness which makes a great addition to cider blends. It is a good variety for sweet cider too.

## Apple 'Honeycrisp', M-111 Semi-Dwarf, *Malus sp.*

**Size:** 15'      **Zone:** 4      **3/4"** **Price:** \$28

A large, round, scarlet red fruit with a yellow background, *Honeycrisp* is prized for its very crisp, juicy, and flavorful flesh. *Honeycrisp* ripens in early autumn and can be kept for several months in cool storage. Introduced by the University of Minnesota.

## Cherry 'Black Tartarian,' Colt, *Prunus avium*

**Size:** 15'      **Zone:** 5      **3/8"** **Price:** \$28

The *Black Tartarian* cherry is about 1-inch in size with a deeply purple hue. The flesh is dark red, dense and very juicy with a rich irresistible flavor. The stone comes loose easily from the cherry, so even if you're pitting the cherries for use in a culinary dish, you won't have to work very hard. It is perfect for fresh eating and juice, and an ideal pollinator for other sweet cherries. Originates from the Circassia region of what is now Russia, introduced to the U.S. in the late 1700s. *Black Tartarian* is an old variety of cherry tree that has remained a favorite among homeowners for its easy nature, superior fruit and high yields.

## Cherry 'Lambert,' Colt, *Prunus avium*

**Size:** 15'      **Zone:** 5      **1/2"** **Price:** \$28

*Lambert* sweet cherries are large and firm with an even dark red color throughout. They are sweet enough to eat out of hand, but keep a good texture when cooked. They are a distinctly heart-shaped fruit and have a nice long harvest season. This is the main variety grown in Montana. *Lambert* rivals Bing as the highest quality sweet cherry, but it is less susceptible to cracking due to its later season.

## Cherry 'Montmorency', Colt, *Prunus cerasus*

**Size:** 12'      **Zone:** 3      **1/2"** **Price:** \$28

The classic pie cherry, *Montmorency* produces abundant crops of firm, bright red, richly tart fruit with clear juice. *Montmorency* makes the best cherry pies! A self-fertile and naturally dwarf tree, *Montmorency* will grow 10-12 ft. in height and is hardy to minus 40°F.

## Cornelian Cherry

A unique and attractive form of dogwood, cornelian cherry is native to Ukraine and other regions around the Black Sea. Growing as a shrub or small tree, it is valued for its tasty fruit and for its beauty. Depending on the variety, cornelian cherry fruit can taste like a cherry or a wild plum. It is very high in Vitamin C and is good for fresh eating, preserves, juice, and wine. As an ornamental, cornelian cherry is valued for its very early, delicate yellow flowers appearing before the leaves, its yellow and red fall color, and its bright red fruit. They are generally not self-fertile, so plant two varieties for good fruit set.

## Cornelian Cherry 'Redstone' *Cornus Mas*

**Size:** 15'      **Zone:** 4      **2-3"** **Price:** \$27

Clouds of early spring golden blossoms favor this small tree or multi-stemmed shrub. Edible, cherry-red fruit attracts wildlife. *Redstone* variety was selected in Europe for abundant fruit crops used in sauces, preserves and syrups. Mottled bark adds winter interest when used as an accent plant.

**Cornelian Cherry, seedling *Cornus mas*****Size: 15' Zone: 4 2-3' Price: \$18**

One of the earliest plants to bloom in the spring with masses of small yellow flowers. Specimen shrub, hedge, or windbreak. Can be trained to create a small tree. Outstanding four season ornamental with fall color and bright scarlet fruit. Trees appreciate soil with high organic content and full sun where summers are cooler. They also thrive in partly shady areas under large trees.

**Mulberry, Black seedling *Morus nigra*****Size: 20' Zone: 6 2-3' Price: \$12**

Short trunk with dense, spreading head. Toothed heart-shaped leaves 6-8" long. Large, dark-red/black berries the equal of any vine berry in flavor and sweetness - and super nutritious, with a high amount of protein. You never see mulberries in the supermarket because the fruits do not travel well, and also because the fruits are a favorite for birds! Mulberry needs sun, but is not finicky about soil. It is somewhat drought tolerant once established.

**Mulberry 'Kokuso', *Morus tartarica*, *Morus latifolia*****Size: 20' Zone: 5 3-4' Price: \$25**

A Korean variety with sweet and delicious large dark fruit that can be 2 inches long and 1/2 inch wide and ripens over a long season. It produces very high quality firm fruit. *Kokuso* is reportedly even hardier than *Illinois Everbearing* and grown even farther North, up into Minnesota. It's a vigorous, precocious tree and produces heavy crops.

**Mulberry 'Illinois Everbearing', *Morus tartarica*, *Morus alba x rubra*****Size: 25' Zone: 5 3-4' Price: \$25**

*Illinois Everbearing* is prized for its tasty, 1-1/2" long fruit and its long ripening season, late June until early fall. The fruit has a delicious distinctive flavor, one of the tastiest things I know of! This productive variety is preferred by birds and squirrels over other fruits and berries, so it provides a great way to lure them away from your other harvests. The fruit is red and turns black when ripe. Tolerant of dry, poor soil.

**Mulberry, Russian, seedling *Morus alba tartarica*****Size: 35' Zone: 4 3-4' Price: \$15**

Extremely dense, round topped tree with bright green leaves. Grows well and rapidly in poor, dry soil and will give quick shade. Adaptable to dry, urban or seaside conditions. Frequently used in windbreaks on the Great Plains.

**Peach 'Red Haven,' Halford, *Prunus sp.*****Size: 15' Zone: 5 1/2" Price: \$28**

A first class all-purpose freestone peach. Luscious, top-quality fruit is great as a fresh snack or for canning and freezing. Enjoy bushels of large peaches with almost fuzzless skin over firm, creamy textured yellow flesh. This tree is heavy-bearing

and easy to grow and maintain. It blooms late to (hopefully) avoid spring frosts. The branches have a spreading, open nature. This has been the most productive, tastiest peach I have seen in our area. Originates from South Haven, Michigan in 1930. Self-pollinating.

**Asian Pears**

Like apples, Asian pears ripen on the tree and have a crisp, firm texture, but they have juicy, white flesh with the flavor and fragrance of pears. Since their introduction to this country more than a century ago, these fruits -- primarily descendants of two Asian pear species, *Pyrus pyrifolia* and *Pyrus ussuriensis* -- have been commonly known as apple pears. They have also been called sand pears, Oriental or Chinese pears, *sha li* (Chinese for sand pear), and *nashi* (Japanese for pear). Asian pears are deliciously sweet and low in acidity, and each variety has a distinctive bouquet. In China, Japan, and Korea, thousands of different varieties are cultivated, and even in this country a few dozen varieties are commercially available. Because of Asian pears' increasing popularity, more varieties than ever are available to home gardeners, and that's good news, because Asian pears sold commercially are often picked before they are ripe. Unlike European pears, Asian pears must be tree-ripened for peak flavor and sweetness. Once picked, the fruits will not ripen further. By growing your own, you can decide when the fruit has reached peak flavor.

**Pear, Asian 'Chojuro', OHxF5 13, *Pyrus pyrifolia*****Size: 10-15' Zone: 4 3/8" Price: \$28**

This beautiful golden pear is consistently ranked as one of the best flavored Asian pears. *Chojuro* has the crisp texture of a good apple, and a marvelous pear flavor sometimes described as like butterscotch. They keep well in storage for a very long time (reportedly up to six months). *Chojuro* is semi-self-fertile, but as with all Asian pears, yield is increased if another variety is planted nearby. This variety originates from Japan in 1895.

**Pear, Asian 'Nijiseiki', OHxF5 13, *Pyrus pyrifolia*****Size: 10-15' Zone: 5 1/2" Price: \$28**

*Nijiseiki* is also known as *20th Century*, and it is the most popular and ornamental Asian pear tree. Ornamentally, it has stunning large white spring flowers and fiery red-orange fall colors. Fruitily, it has a mild sweetness with a prominent lemon note that isn't acidic at all. It's a very rounded, full flavor, though subtle. It's crazy juicy -- drips all over, makes a huge juicy mess -- in a good way! The texture is grainy but also in a good way -- crunchy and crispy.

**Pear, European 'Bosc', OHxF513, *Pyrus communis*****Size: 12-15' Zone: 4 1/2" Price: \$28**

*Bosc* pears are large, with an elongated neck and distinct bronze color and russet skin. The history of how they came to be is unclear. Some claim the pear came from France, while others say the pear originated in Belgium. Either way, *Bosc* pears were discovered in Europe in the early 1800s and made their way to the U.S. in 1833. Today, they thrive especially in Washington State, where they are grown in the best river valleys. They are sweet and juicy with crunchy yet tender flesh and a sweet-spicy flavor. A common misconception is that *Bosc* pears need to be peeled or cooked before being eaten, and that's simply not true. They are ideal for baking, poaching and cooking as well as excellent for simply eating out of hand. The pear's white flesh is sweet, crisp, and firm to the touch. If a recipe calls for poaching, *Bosc* pears are a good choice since they will keep their shape and not turn to mush. As it ripens, the pear's skin remains brown, showing no sign of change. Look instead at the stem end, which will be a little shriveled when the pear is fully ripe.

**Pear, European 'Conference', OHxF513, *Pyrus communis*****Size: 12-15' Zone: 4 5/8" Price: \$28**

*Conference* is by far the most widely grown pear in north-west Europe. The variety was found in 1884 as an open pollinated seedling, from a *Leon Leclerc de Laval* (that's an old-school pear variety, just to clarify). It was cultivated by Thomas Rivers, from Sawbridgeworth in England, and was subsequently named *Conference* in 1895 after the 'British National Pear Conference' where it was first exhibited. It was not long before this variety occupied a major position within European pear cultivation. This was due not only to its good flavor characteristics but also to its excellent storage properties. During the last few decades the quality of *Conference* has been further improved following changes to cultivation techniques, so that it has now become the undisputable number one in pear cultivation in the Netherlands and Belgium. *Conference* pears are long and thin with a bright green skin that is mostly covered in russet from the bottom up. They are sweet and juicy with a smooth-textured melting flesh. The flesh can sometimes have a slight pink tint to it. Harvest this pear in mid autumn and let it soften at room temperature, or you can store *Conference* until January in a cool room or under refrigeration.

**Plums: European, Gage, Japanese**

The European plum (*Prunus domestica*), is widely-planted in Europe and without doubt one of the most flavorsome fruits that can be grown in temperate climates. They come in a range of attractive colors, from yellow to pink to purple. The flesh is almost invariably a golden yellow - this is a good way to distinguish them from Japanese plums.

*Prunus domestica* is not indigenous in Europe, and is thought to be a natural hybrid of the cherry plum and the sloe, which were introduced to Europe from the Middle East. Prunes, a plum variety with sugar content high enough to allow sun-drying without causing fermentation, fall under the European category. European plums, which have firmer flesh than Japanese plums, are often canned or made into jams or jellies.

Although now usually included within *Prunus domestica*, it is convenient to consider the Gages as a sub-group of European plums because of their interesting and sophisticated flavors. Gage trees and flowering times are similar to the European plums. Gages tend to be either green or golden/yellow in color, with pale green or pale yellow flesh. The green gages are easier to distinguish being invariably smaller and rounder than regular European plums. Yellow gages are usually larger and look more like plums. Gages prefer slightly warmer growing conditions than other European plums to bring out their full flavor, and their natural home is France, where they have been cultivated since the Middle Ages, having been introduced from Italy. In France the many different varieties of green-skinned gages are known collectively as "Reine Claude" in honour of Queen Claude, the wife of Francis I, who ruled France from 1515 to 1547 when these plums first became popular. The term "Reine Claude," as in for example, "Reine Claude de Bavay," means a gage plum. Gages are named after Sir William Gage, an Englishman who popularized one of these varieties in England in the 18th century. Gages were subsequently introduced to the USA in the late 18th century.

Expect Japanese plums to bloom and reach harvest earlier than European plums. In general, the fat, juicy red plums are Japanese, while European varieties are the smaller, oval, purple or blue fruits. Japanese plums are nearly always eaten fresh. Japanese plum trees are more likely than European varieties to require cross-pollination (Although most European plums are self-fertile, you will produce a better crop if you grow two or more varieties together). The Japanese plum is the plum that you are most likely to find year-round in supermarkets, with large-scale production in California (where almost all of the USA's production is centered) as well as China, Chile, and the warmer areas of Europe. The fruit has a longer shelf life than European plums, and is better suited to being transported around the world. Japanese plums and European plums will not cross-pollinate each other, partly because for many varieties their flowering periods do not overlap. The flesh of Japanese plums is usually dark red in the red-colored varieties, which is a good way to distinguish them from European plums, which invariably have yellow or green flesh. *Prunus salicina* actually originates from China, but was introduced to the rest of the world via Japan and then California. The species is sometimes also called

*Prunus triflora* because it produces flowers in sets of three (hence triflora) instead of in pairs like *Prunus domestica*. One useful consequence of this is that trees of *Prunus salicina* trees are often more productive than *Prunus domestica* because they produce more blossom and can set more fruit.

**Plum, Japanese 'Howard Miracle,' St. Julien, *Prunus salicina***

**Size: 10-15' Zone: 5 3/4" Price: \$28**

A unique and outstanding taste delight, *Howard Miracle* Plum bears good crops of large, crimson and yellow, sweet and juicy fruit. This delectable fruit is rated among the best of Japanese plums and tastes like a pineapple. A vigorous spreading tree, *Howard Miracle* Plum needs another Japanese plum for pollination.

**Plum, Japanese 'Satsuma,' St. Julien, *Prunus salicina***

**Size: 10-15' Zone: 5 5/8" Price: \$28**

*Satsuma* plum is a large red fruit with deep red meaty spicy juicy flesh with excellent flavor. Not to be confused with the mandarin orange of the same name. Often called blood plum. *Satsuma* plum was a Luther Burbank introduction from Japan. It is a good cooking and preserving plum, though it is usually eaten fresh. *Satsuma* is partially self-fruitful but will yield heavier with cross-pollination.

**Plum, European 'Petit Prune D'Agen,' St. Julien, *Prunus domestica***

**Size: 12-15' Zone: 5 5/8" Price: \$28**

Also known as *French Petit*, or just the *French Plum*. Traditionally the fruit was dried and kept over a long period of time when refrigerators did not exist and winter meant months with few fruits or vegetables. Prunes were almost as precious as salt and were used to bargain wages during the 15th century. The *Petit Prune* was introduced to the states by Pierre and Louis Pellier, brothers who went to California for the Gold Rush and started a nursery business near San Jose in 1856 with plum cuttings they brought from France. Today these plums are sought by connoisseurs around the world. The fruit is very sweet and has a rich flavor with tender, fine-textured flesh. It's a medium-sized prune plum of red to violet purple skin over amber flesh. Delicious for eating fresh, baking, chutneys, and drying. Long-lived and self-fertile.

**Plum, European 'Rosy Gage,' St. Julien, *Prunus domestica***

**Size: 12-15' Zone: 4 5/8" Price: \$28**

*Rosy Gage* is a unique fresh-market plum bred by the late John Watson at the Cornell-Geneva research station. It is perhaps the most elegantly flavored of all the plums grown on the station grounds. It is a hybrid of the famed European variety *Imperial Epineuse* and an unknown parent. It has yellow-green skin with a pink to rose colored blush. It is hardy and a consistent cropper, with fruit of the highest quality

when eaten fresh, which you'll have to find out by growing it for yourself because the fruit is not firm enough for the wholesale market. The tree is not self-fertile, so plant another European plum for cross-pollination.

**Quince 'Aromatnaya,' seedling roots, *Cydonia oblonga***

**Size: 12' Zone: 4 3/4" Price: \$28**

In Greek mythology, "golden apples" were probably quinces, since the *Golden Delicious* and other similar colored apple cultivars were not available then. Thus, the tale of Hercules and the golden apples is probably a misnomer (Greeks often referred to tree fruits generically as "apples"). The Greeks started the custom of giving a quince to a bride on her wedding day as a symbol of fertility; this ritual persisted well into the Christian era. *Aromatnaya* quince has a pineapple-like flavor and is sweet enough to eat fresh, though it is usually cooked like all quinces. The medium size, round yellow aromatic fruit is from southern Russia. It is among the best of thousands of varieties from the Black Sea region of Russia and Turkey. It ripens in October and needs to be stored on the window until it starts to soften. It is excellent for cooking. Like other quinces, the texture uncooked is dense but it's nice when thinly sliced. This tree is more disease resistant than other quinces.

# Rootstocks

## Apple, M-26, Dwarf

*M26* is a good general-purpose rootstock, which can be used for a wide variety of purposes, from free-standing trees, to cordons and espaliers. Avoid planting on soils where flooding might be a problem because *M26* has no resistance to collar rot. Produces a good productive tree. Good choice for cordons. Usually needs a permanent stake, but this need not be as prominent as it is for the smaller rootstocks. Susceptible to fire blight, woolly aphid, and collar rot. This rootstock will create a dwarf tree. The advantage of dwarfing rootstocks is in ease of harvest & quick bearing. Small trees can be planted much closer together, allowing for more trees & greater variety in a small area. The disadvantage of dwarfing rootstocks are smaller root systems, resulting in poorer anchoring. Dwarf trees with heavy fruit loads may need staking or other support to keep from falling over. Thinning heavy fruit loads can lessen this problem and will increase the size of remaining fruit. Another disadvantage to dwarf fruit trees is that with a smaller root system, they are more drought susceptible. Drought stressed trees can be more prone to disease & insect attack. Semi-dwarf & standard rootstocks are much better anchored & more drought tolerant.

## Apple, M-7, Semi-dwarf

A traditional and widely-planted rootstock. Semi-vigorous, medium-sized tree 10-15' tall. Hardy to zone 4. Developed from a series of French rootstocks, "Doucine Reinette," known as the Doucine group, dating back to 1688. Introduced by East Malling Research Station in 1974. It will resist collar rot and fire blight except when in poorly drained soils; thus, it doesn't like heavy clay soil and it's sensitive to wet ground. It does well in most soils though. Tends to produce root suckers in shallow plantings. Susceptible to woolly apple aphid. *M7* is not precocious (early bearing), taking up to 5 years or more to fruit. The tree will harden off early in the fall, and will bear fruit for 25-30 years. It's one of the most desirable rootstocks when factors such as production, longevity, ease of propagation, hardiness, compatibility and disease resistance are considered. It has exceptional winter hardiness. It has spreading roots that penetrate deeply and create strong anchorage, but it may require staking while young if in an open, windy area.

## Apple, M-111, Semi-dwarf

Very popular semi-dwarf rootstock produces a tree about 65-80% of standard. No staking necessary. Well anchored and adaptable to a wide range of soils. It is particularly adapted to drought conditions and is adaptable to worn out, sandy, or clay soils, but not as much as seedling (standard) rootstocks

are. Woolly-aphid resistant. Not nearly as long-lived as standards (nothing is). Hardy to Z4, maybe Z3. It imparts some slight early-bearing characteristics, starting bearing in 3 to 5 years.

## Cherry, Colt

*Colt* was released in the 1970s as a semi-dwarfing rootstock, but it produces a vigorous tree that is similar in size to *Mazzard* with similarly low precocity. It has been widely planted in California due to its resistance to cherry stem pitting disease. It has also shown resistance to Phytophthora root rot, bacterial canker and gopher damage, but it is susceptible to crown gall and is sensitive to drought stress. This is perhaps the best rootstock for growing cherry trees in large gardens and community orchards because it produces a semi-dwarf tree 12-20' tall, and it tolerates poor soil. It's also useful for training trees into large cherry fans. *Colt* grows well on both very sandy and clay soils, and it can even tolerate periodic high water tables.

## Mulberry, Russian, seedling *Morus alba tartarica*

Grows well and rapidly in poor, dry soil and will give quick shade. Adaptable to dry, urban or seaside conditions. Frequently used in windbreaks on the Great Plains. Widely used as a rootstock for both fruiting and fruitless mulberries. Originally cultivated by the Chinese for silkworm production about 2800 B.C..

## Peach, Halford, Standard

A *Lovell* type seedling that produces a standard size tree which is adaptable to a wide range of growing conditions. Compatible with all commercially grown varieties with good disease resistance.

## Pear, OHxF 513, Semi-dwarf

A rootstock for European and Asian pears, this rootstock produces trees 12 to 15 ft. in height. It induces early bearing and is hardy to approx. minus 25°F, or zone 4. *OHxF 513* grows well in most soils. It is resistant to fire blight, crown rot, woolly pear aphids, and pear decline. It is precocious and well anchored. The *OHxF* series of rootstocks originated from crosses made more than 75 years ago by F.C. Reimer at Oregon State University. Reimer was on a worldwide search for rootstocks resistant to fire blight. He had been on expeditions to China, Korea, Manchuria and Japan, but he ended up finding the genetics he was looking for in Illinois.

**Plum, St. Julien, Semi-dwarf**

*St. Julien* is a semi-dwarf plum rootstock for cold areas with fluctuating spring temperatures due to inconsistent spring weather conditions. It produces trees to 80% of standard. It grows trees with good anchorage and excellent vigor. It tolerates wet soil as well as drought conditions. *St. Julien* belong to the species *Prunus insititia*, which also includes damsons and mirabelles, and were originally grown for their fruit, which is not particularly pleasant to eat but useful for drying. This nicely illustrates the fact that most fruit tree rootstocks are actually fruit trees of the same or closely-related species which happen to be useful for controlling scion-size, even if they are not that useful for fruit production themselves. *St. Julien* is compatible with almost all plums and gages. (In fact it is also widely used for peaches, nectarines, and apricots, which are very closely related to plums). Plum trees grown on *St. Julien* rootstocks tend to come into bearing after 3-4 years. They can be used to produce free-standing trees (with no staking required once established) and are also ideal for large fans for wall-training - a format which is particularly suitable for plums in more northerly latitudes. *St. Julien* is suitable for a wide-range of soil conditions, with some tolerance of chalky soils.

# Herbs, Flowers and Veggies

## Arugula, *Sylvestra Diplotaxis tenuifolia*

**Size:** 3'      **Zone:** 5      **4" Price:** \$5

Also known as "wild rocket," this is our favorite arugula variety. It's extremely cold-hardy and is highly coveted by chefs since its flavors are considered deeper and more complex than other arugula varieties, especially when harvested in cool/cold weather. *Sylvestra* is a perennial (lasts for multiple years) in most climate zones and will continue growing throughout the winter months—even in the coldest northern climates—if grown in a hoop house. It also puts off lots of bright yellow flowers in the fall that the bees love. If you grow the annual arugula in your garden, this plant will extend the arugula season because it reaches harvestable size at the same time that the annual arugula goes to flower and is no longer harvestable.

## Asparagus, 'Jersey Knight' *Asparagus officinalis*

**Size:** 3'      **Zone:** 2      **Bundle Price:** \$12 for 5

The best choice for hard-winter areas, *Jersey Knight* has the highest and most consistent yields of all the newer varieties. These male plants put all their energy into producing beautiful, 7–9" spears, rather than berries and seeds. The spears are tender, succulent, and bright green with purple tips. Plants are vigorous and resistant to rust, fusarium, and root and crown rot.

## Asparagus 'Purple Passion' *Asparagus officinalis*

**Size:** 3'      **Zone:** 2      **Bundle Price:** \$12 for 5

*Purple Passion* has many similar characteristics to green asparagus but offers something new for the asparagus connoisseur. The spears produced have several qualities that make it quite different than common green asparagus. The deep-burgundy coloration produced in these spears is most striking. This variety also has a 20% higher sugar content and is often eaten raw. Some upscale restaurants garnish salads with *Purple Passion*. When cooked, the sweetness gives this asparagus a mild, nutty flavor. The spears are generally larger and much more tender than its green counterpart. The vascular bundles have less lignin per spear, which makes the spears less stringy. This also allows the cook to use the whole spear and not waste the bottom. *Purple Passion* is truly a unique new vegetable that has exceptional qualities that put it in a class by itself. It should pique the imagination of any world-class chef as well as the ordinary consumer who just wants to add something special to the dinner plate.

## Catmint *Nepeta × faassenii*

**Size:** 2' x 3'      **Zone:** 3      **Root Price:** \$8

Catmint thrives in dry soils in full sun, and is very drought tolerant. It blooms in spring with almost continuous re-bloom into fall with proper shearing of spent flower spikes. Although *Nepeta cataria* is the true catnip that drives house cats ecstatic, the leaves of this hybrid catmint are also attractive, albeit less enticing, to cats. Catmint attracts butterflies, hummingbirds and bees, and is highly deer and rabbit resistant (deer tend not to eat plants with aromatic foliage). The distilled oil is used in natural mosquito repellent. The plant is also a natural repellent for aphids, potato beetles, squash bugs and rats. It contains Vitamin C and is a good herb for the early stages of a fever as it induces sleep and perspiration but does not increase body temperature. Catmint is also good for restlessness, hyperactivity, convulsions, hysteria, headaches, indigestion, sinuses, and colds. It is also a mild sedative.

## Chamomile, German *Matricaria recutita*

**Size:** 2-3'      **Zone:** Annual      **6 pack Price:** \$6

Chamomile is one of the most widely used flowers for herbal tea. It is used as a mild sedative, and is good for insomnia as well as many other nervous conditions. It is a nervine and sedative especially suited to teething children and those who have been in a highly emotional state over a long period of time. Except for the small risk of allergy, chamomile is also one of the safest herbs to use. The anti-inflammatory properties make it good for rheumatism, arthritis, and other painful swellings. Additional uses in herbal medicine include as an antispasmodic for intestinal and menstrual cramps, relieving gas pains, and a very mild but efficient laxative. Milder tea in large doses is given throughout the day for fevers, sore throats, the aches and pains due to colds, flu, and allergies. As a popular remedy, it may be thought of as the European counterpart of the Chinese tonic, ginseng. Chamomile tea is also used as a liquid feed and plant tonic, effective against a number of plant diseases. The dried flowers are used as an insect repellent. Chamomile may be used internally or externally. It is also easy to grow and a great delight to have as a patch in your garden. Insects love the flowers, and if you don't harvest every flower, the patch readily re-seeds itself and will come back thick again every year.

## Chamomile, Roman *Anthemis nobilis*

**Size:** 3-9"      **Zone:** 4      **4" Price:** \$5

Roman chamomile is a low-growing evergreen perennial that tolerates some drought and forms a spreading mat of aromatic foliage typically growing 3-6" tall and spreading by decumbent stems to 12" wide. Daisy-like flowers with white rays and yellow centers bloom throughout the summer and into early fall. Finely dissected, fern-like foliage emits a fruity scent when bruised. Flower heads may be dried to make

chamomile tea, a soothing herbal tea that has since ancient times been used for a variety of ailments including headache, colds, flu, stomach disorders and gastrointestinal disorders. It is also a mild sedative. Roman chamomile spreads by creeping stems that root as they go. If grown as a lawn substitute, plant seedlings or divisions 6-12" apart. It can be regularly mowed as a lawn, but tolerates only minimal foot traffic.

#### **Chives, Garlic *Allium tuberosum***

**Size:** 1-2'      **Zone:** 4      **Root Price:** \$4

The leaves of garlic chives are plane, firm and light green compared to those of other chives varieties. They have a fragrance and flavor similar to that of mild garlic, accompanied by a fairly sweet tinge. They like full sun and are most compatible with damp soil. Garlic chive plants repel aphids. Onion chives produce flowers during the middle of the spring, while garlic chives bear flowers during the end of the summer. The florets of garlic chives are petite, white-hued and star-shaped appearing in loose bunches. The juice of the plant is used as a moth repellent. The whole plant is said to repel insects and moles. For culinary use, garlic chives have been employed in flavoring butters, creams (including sour cream and cottage cheese), soups, eggs, seafood, oils and vinegar. They are typically used as a garnish or eaten raw because they will begin to lose their flavor if they are cooked for longer than 5 minutes. In Japan, garlic chive segments are added to miso soup. Chives are best used fresh and lose flavor and attractive color after being dried. Traditional medicinal uses of these chives include treating intestinal parasites, boosting immune systems, promoting good digestion and even curing anemia. Ancient Chinese herbal medicine used garlic chives for a multitude of additional purposes including increasing energy, regulating hemorrhages, helping with ailments of the liver, kidneys and digestive track, and even as the antidote for some poisons. Used externally, garlic chives' small bulbs can be rubbed on bug bites and minor cuts. Garlic chives have the nutrition benefits of being high in vitamins A and C, fiber, carotene, riboflavin, thiamine, iron, calcium and potassium.

#### **Chives, Onion *Allium schoenoprasum***

**Size:** 1-2'      **Zone:** 3      **Root Price:** \$4

Chives, a member of the onion family native to Asia and Europe, have been around the kitchen for more than 5,000 years. But they were not actively cultivated as food until the Middle Ages. The botanical name, *Allium schoenoprasum*, derives from the Greek meaning *reed-like leek*. The English name *chive* comes from the Latin *cepa*, meaning *onion*, which in turn became *cive* in French. Easy to grow, onion chives pack a lot of flavor for their compact size. The plants form neat grass-like clumps of tubular leaves that contribute an onion flavor to salads, creamy soups, potatoes,

egg dishes, and others. Great for containers, and also makes a neat border. Enjoy the light purple blooms in the spring—they are edible, too. However, be aware that the flavor of the chive leaves becomes bitter after the plant flowers. To prevent flowering, snip the leaves on a regular basis. In the Middle Ages, chives were promoted as a cure for melancholy and believed to drive away evil spirits. Today we know that chives and chive flowers are high in vitamin C, folic acid and potassium. This herb's tangy aromatic taste come from its high concentration of sulfur compounds and other essential oils, which are also partly responsible for its healing properties. The whole plant has a beneficial effect on the digestive system and blood circulation. It improves the appetite, is digestive, hypotensive and tonic. It has similar properties to garlic, but in a much milder form. The juice of the plant can be used as an insect repellent. The plant also has fungicidal properties and is effective against scab, mildew etc. The growing plant is said to repel insects and moles.

#### **Comfrey, Russian 'Bocking 14' *Symphytum × uplandicum***

**Size:** 2-3'      **Zone:** 4      **Root Price:** \$4

Russian comfrey originated from the natural hybridization of the common comfrey (*Symphytum officinale*, native from England) with the prickly comfrey (*Symphytum asperum*, native from Russia). This strain was developed during the 1950s by Lawrence D Hills, the founder of the Henry Doubleday Research Association. *Bocking 14* is sterile, and therefore will not set seed, one of its advantages over other cultivars as it will not spread out of control. Russian comfrey has purple-blue flowers and shares the same medicinal and nutritional properties as common comfrey, but this cultivar is a more robust and vigorous grower than the common comfrey. Generally, common comfrey is preferred for medicines and Russian comfrey is preferred for biomass, feeding animals, and fertilizing. Like any comfrey, be sure to place this plant in a permanent location because once established it is hard to remove (expect any bits of roots left after digging to shoot out new plants).

#### **Costmary *Tanacetum balsamita***

**Size:** 3'      **Zone:** 4      **Root Price:** \$7

Long, broad and resinous leaves support loose clusters of tiny, daisy-like flowers that emit a pleasant, balsamic fragrance. The plant can thrive in nearly any soil but will do best on dry land. It may need digging up every few years as the roots creep freely. Costmary is used medicinally for stomach issues, for headaches, and as an emmenagogue. On account of the aroma and taste of its leaves, Costmary was much used to give a spicy flavoring to ale - whence its other name, Aletcost. The fresh leaves were also used in salads and in pottage, and dried are often put into pot-pourri, as they retain their aroma.

**Daylily *Hemerocallis* spp.****Size:** 2-3'      **Zone:** 3      **Root Price:** \$4

Daylilies are a little known but excellent food source. Try the early shoots, the young flower-buds, the fresh flowers and the crispy tubers. In China the root tea is used as a diuretic and to treat mastitis. Deadhead the spent flowers and remove flowering stalks when flowers have completed bloom in order to encourage more flowering. Daylilies should be divided to maintain vigor when the clumps become overcrowded. They make colorful borders and excellent ground cover on slopes. Once established, their roots help prevent erosion.

**Horseradish *Armoracia rusticana*****Size:** 2-3'      **Zone:** 2      **Root Price:** \$5

Horseradish originated in the southern part of Russia and the eastern part of the Ukraine. In the past, physicians and healers would recommend horseradish for everything from a sore throat to digestive upset to parasitic and fungal issues. The most common culinary use for horseradish is to cut up the roots and mix them with vinegar, cream or mayonnaise to make horseradish sauce. The large, white, fleshy, tapered roots have a hot bitter taste. Horseradish contains significant amounts of cancer-fighting compounds called glucosinolates, which increase the liver's ability to detoxify carcinogens and may suppress the growth of tumors. Although broccoli, Brussels sprouts, and other cruciferous vegetables also contain these compounds, horseradish has up to 10 times more glucosinolates than broccoli. The glucosinolates are released from the damaged plant cells when cut or grated. This quickly degrades and becomes unpleasantly bitter if not used immediately or mixed with vinegar to stop the degradation. Recent studies have shown that horseradish is one of the few medicinal vegetables whereby processing (i.e. making horseradish sauce) actually improves its anticancer benefits, making it easier for us to benefit from its therapeutic powers. Horseradish is difficult to eradicate once established because the smallest piece of root can grow a new plant. The plant spreads by underground shoots, out-competes almost all other plants, and can become invasive if not maintained.

**Hardy Ice Plant, Purple *Delosperma cooperi*****Size:** 3" x 3-4'      **Zone:** 5      **4" Price:** \$5

This succulent is indigenous to South Africa, where it is an evergreen. A hardy ice plant can be grown in northern climates, but winter hardiness isn't always a given. Purple ice plant may not survive a difficult winter in zone 5, though it has a better chance in a cold climate that is arid. Its leaves won't be evergreen, even if it does survive; treat it as an herbaceous perennial. The brilliant purple daisy-like flowers will bloom all summer and the bees love them.

**Hardy Ice Plant, Yellow *Delosperma nubigenum*****Size:** 3" x 3-4'      **Zone:** 5      **4" Price:** \$5

This species forms a low mat of succulent, evergreen leaves, bearing loads of small starry yellow flowers starting in late spring until fall. A great choice for hot, dry areas. Excellent as a groundcover, in the rock garden or wall, for edging, and especially as a lawn substitute. Attractive to butterflies. Foliage turns bronze in winter.

**Jerusalem Artichoke *Helianthus tuberosus*****Size:** 4-10'      **Zone:** 2      **Bundle Price:** \$5 for a bag

A sunflower native to the central regions of North America, the plant bears many yellow flower heads in late August and September that are approximately 1 ½ to 3 inches in diameter. Many North American Indian tribes used Jerusalem artichoke as food prior to the arrival of European settlers. The explorer Champlain took Jerusalem artichokes from North America to France in 1605. By the mid 1600s it was widely used as a human food and livestock feed there. In France the tubers have been used for wine and beer production for many years. With a similar taste to water chestnuts, the tuber has a continental history as a gourmet vegetable. Jerusalem artichoke tubers resemble potatoes except that 75 to 80% of the carbohydrates of the tubers are in the form of inulin rather than starch. Once the tubers are stored in the ground or refrigerated, the inulin is supposedly converted to fructose and the tubers develop a much sweeter taste. Nonetheless, some inulin clearly remains (inulin is indigestible by humans) and for many people causes an uncomfortably gaseous experience when the tubers are eaten. Any reports of proper handling of this prolific tuber so to nullify this digestive dilemma are highly appreciated. That said, the tubers can be prepared in ways similar to potatoes. In addition, they can be eaten raw, or made into flour, or pickled.

**Lovage *Levisticum officinale*****Size:** 7'      **Zone:** 3      **Root Price:** \$10

Herbaceous perennial flowering from 4 to 7 feet tall. The leaf stems and leaves, harvested fresh and chopped, make an agreeably aromatic potherb, especially nice to flavor potato-leek soup. The aerial parts may be dried and used throughout the winter. The root of this tasty herb is proestrogenic, and may be used as a substitute for Dang-gui (*Angelica sinensis*), although lovage is a milder medicine and not as potent in its activity. Still, the herb is well liked by women, and gentle is good. The plant prefers full sun to part shade and moist garden soils.

**Marshmallow *Althaea officinalis*****Size: 5'      Zone:      Root Price: \$9**

A perennial herb native to Europe. In spring it sends up many unbranched stems that are slightly velvety, then it puts out clusters of white flowers in late summer. A premier healing herb, marshmallow root is nutritious, soothing to the digestion, stimulating to the immune system and helps prevent and repair ulcerations of the gastric mucosa and duodenum. The root has been used at least since Egyptian antiquity in a honey-sweetened confection useful in the treatment of sore throats. The later French version of the recipe, called *pâte de guimauve*, included an egg white meringue and was often flavored with rose water. The ancient Egyptian recipe called for extracting sap from the plant and mixing it with nuts and honey. Another pre-modern recipe uses the pith of the marshmallow plant, rather than the sap. The stem was peeled back to reveal the soft and spongy pith, which was boiled in sugar syrup and dried to produce a soft, chewy confection. Confectioners in early 19th century France pioneered the innovation of whipping up the marshmallow sap and sweetening it, to make a confection similar to modern marshmallow. The confection was made locally, however, by the owners of small sweet shops. They would extract the sap from the mallow plant's root, and whip it themselves. The candy was very popular, but its manufacture was labor-intensive. In the late 19th century, French manufacturers thought of using egg whites or gelatin, combined with modified corn starch, to create the chewy base. This reduced labor and required industrial methods to combine the gelatin and corn starch in the right way. This process continued to modernize until we ended up with our non-medicinal (worse – anti-healthy), alien-like ubiquitous modern marshmallow, which is made in a complex process and now contains only water, sugar, corn syrup, lots of air, and corn starch. Not exactly “progress.” Let’s grow this plant again, and make the real thing.

**Mint, Apple *Mentha suaveolens*****Size: 3'      Zone: 5      Root Price: \$5**

Also sometimes known as *Round-Leaf Mint* or *Woolly Mint*. It is a very easily grown plant, succeeding in most soils and situations so long as the soil is not too dry. Grows well in heavy clay soils. A sunny position is best for production of essential oils, but plants also succeed in partial shade. A very invasive plant, spreading freely at the roots. Unless you have the space to let it roam, it needs to be restrained by some means such as planting it in a container that is buried in the soil. This mint has large fuzzy leaves and stems and a delicate fruity aroma. Apple mint is one of the tallest mints, often reaching three feet high. The leaves when bruised have the combined aroma of spearmint and apples. Apple mint is valued especially for its antiseptic properties and its beneficial effect on the digestion. Like other members of the genus, it is

best not used in large amounts by pregnant women because large doses can cause an abortion. A tea made from the leaves of most mint species has traditionally been used in the treatment of fevers, headaches, digestive disorders and various minor ailments. The leaves are harvested as the plant comes into flower and can be dried for later use. The light apple and mint flavor of this mint make it a popular culinary herb for use in drinks, sauces, jellies and fruit, meat and poultry dishes. It is frequently found on the ruins of monasteries, the monks having used it for the languor following epileptic fits, as it was considered refreshing to the brain.

**Motherwort *Leonurus cardiac*****Size: 4'      Zone: 4      Root Price: \$8**

An herbaceous perennial plant in the mint family. The flowers are small, pink to lilac in color often with furry lower lips. In many places it can be found along roadsides and in vacant fields and other disturbed areas. This plant prefers well-drained soil and a partly shady location, but has done okay in full sun in Reno as well. A great nectary plant for bees. Especially valuable for PMS, menstrual pain and delayed menstruation. Gentle sedative. Helps calm the entire nervous system. Strengthens the heart and often prescribed for palpitations. Motherwort is a vigorous grower and self-seeds readily, so be careful where you plant her.

**Oregano, Greek *Origanum vulgare hirtum*****Size: 2'      Zone: 5      Root Price: \$8**

In the 1940's, a lot of interest in foreign cuisine was generated by the soldiers who returned home from World War II. They had experienced different foods that were spicier, and, yes, even more flavorful than mom's pot roast. True, there were many ethnic groups at that time who grew some spicy oreganos, but most Americans didn't have a clue. The oregano plant that then became widespread had no flavor except that of grass. The seeds of that species were easily collected from the wilds of the Mediterranean where oregano covered the mountains (Oregano, loosely interpreted from the Greek, means ‘Joy of the Mountain’). This rampantly growing plant is what we now refer to as wild marjoram. Eventually, a flavorful sub-species of this wild marjoram made its way to America from Greece; and, quite naturally, we called it **Greek Oregano**. It is much much stronger than it's wild parent. In cuisine, it has a strong flavor but it doesn't hold up well to prolonged cooking, especially when used fresh. It can be mowed or sheared to within two inches of the ground when harvesting or maintaining the garden. Dried Greek oregano is a great way to get through the winter blues. It can be used for herbal marinades or can be added near the end of cooking to any tomato based sauce, sauté, stir fry, or egg dish. Try a sprinkle of dried Greek oregano on your next grilled cheese sandwich. One

active agent in oregano is rosmarinic acid, which is a strong antioxidant that supports immune system health. Oregano has one of the highest antioxidant activity ratings, with 42 times the antioxidant punch of apples. Carvacol and thymol, two phytochemicals in oregano, are powerful antimicrobials. Research has shown essential oils from oregano may kill the foodborne pathogen *Listeria* and the superbug MRSA. Studies have also found essential oils of oregano to be useful against certain *Candida* species. Oregano contains beta-caryophyllin (E-BCP), a substance that inhibits inflammation. Oregano also has potential anti-viral activity. If you come down with a cold or the flu, oregano oil can be useful. Oregano encourages sweat production as a mode of detox, and ingesting it may help your body to get rid of unwanted phlegm in your lungs.

#### **Peppermint *Mentha × piperita***

**Size: 18"      Zone: 4      Root Price: \$7 for a bundle**

Herbaceous perennial groundcover. Peppermint is a hybrid mint, a cross between watermint and spearmint. The plant, indigenous to Europe, is now widespread in cultivation throughout all regions of the world. Peppermint generally grows best in moist, slightly shaded locations, and expands by underground stolons. The leaves and flowering tops are used; they are collected as soon as the flowers begin to open and can be dried. Peppermint has a high menthol content, and is often used in tea and flavoring other foods and beverages. Peppermint flowers are large nectar producers and honey bees as well as other nectar harvesting organisms forage them heavily.

#### **Stinging Nettle *Urtica dioica***

**Size: 4'      Zone: 4      Root Price: \$12 for a bundle**

An herbaceous perennial flowering plant, native to North America and other temperate climates around the world. Our plants were propagated from stands in the Truckee River watershed. Plants have many hollow stinging hairs called trichomes on the leaves and stems, which act like hypodermic needles, injecting histamine and other chemicals that produce a stinging sensation when contacted by humans and other animals. None-the-less, the plant has a long history of use as a medicine, as a food source and as a source of fiber. Nettles are among our very favorite early spring greens. Medicinally, they are great for anemia and as a general blood tonic or during menstruation (to top up departing iron stocks). Whenever you feel run down, or tired, think nettles! Eating nettles or drinking the tea makes your hair brighter, thicker and shinier; it makes your skin clearer and healthier. They are good for eczema and other skin conditions, including healing burns. Nettles can alleviate seasonal allergies. They are an effective diuretic and also alleviate arthritis. They are known for their ability to stop all kinds of internal and external bleeding. As a tea, it has been found to help cure mucus congestion, skin irritations, water

retention, and diarrhea. The beverage is also said to help nursing mothers produce milk and it also stimulates the digestive glands of the stomach, intestines, liver, pancreas, and gall bladder. Nettles contain tannic acid, lecithin, chlorophyll, iron, silicic acid, lime, potassium, phosphorus, sulfur, sodium, chlorine, and vitamins A and C. Undoubtedly a great medicine, nettles are most popular worldwide as a nutritious potherb. When dried, the plant is 40 percent protein, rivaling cottonseed meal as a source of the vital nutrient. Nettle fodder is said to make cows give more milk and induce chickens to lay more eggs. Also, since the herb contains 7 percent nitrogen (dry weight), it makes an excellent garden mulch or fertilizer. Furthermore, fresh leaves, when boiled in well-salted water for ten minutes, can be used (like rennet) to curdle milk for cheesemaking.

#### **Egyptian Walking Onion *Allium cepa proliferum***

**Size: 3'      Zone: 4      Root Price: \$3 for a set**

As their scientific name states, these hardy little onions are very prolific. After planting them in your garden you will have onions every year for years to come! Egyptian Walking Onions are also called *Tree Onions*, *Egyptian Tree Onions*, *Top Onions*, *Winter Onions*, or *Perennial Onions*. One of the first plants to emerge in the spring, the leaves poke up through the soil like little green spikes and shoot towards the sky despite the frost or snow. Eat the scallions in spring and fall; eat the bulbs before the topsets form in mid summer; eat the topsets before they become papery in late summer.

#### **Rhubarb 'Crimson Red' *Rheum rhabarbarum***

**Size: 2'      Zone: 3      Root Price: \$14**

This variety is considered by some to be the best-flavored rhubarb available, with a perfect sweet/tart combination that makes rhubarb so appealing. The stalks will grow about two feet tall and produce good yields of fleshy stalks that are not stringy. Crimson Red shows good weather hardiness and is adaptable to many soil types and growing conditions.

#### **Thyme, English *Thymus vulgaris***

**Size: 12"      Zone: 3      3x5 Price: \$5**

Also called garden thyme and German thyme. Thymes bloom in spring and attract early butterflies and many different kinds of beneficial flies and wasps. They are also a favorite of honeybees. They should be planted in full sun for best flavor. Thyme leaves may be small, but they pack a powerful punch. Thyme is one of the savory herbs, which are main course herbs used to flavor hardy meals, bone warming soups, and piquant sauces. Harvest small amounts throughout the season as needed. Cut back 2" from the ground for your main harvest in late summer. Taking a second harvest before winter may make plants less able to survive a cold, wet winter. In medieval France, Thyme plants were thought to be a home for fairies, and gardeners set aside a little bed of

thyme specifically for them. The genus name, *Thymus*, has its origin in the Greek words for 'soul or spirit.' Thyme has long been associated with burial practices, going back as far as ancient Greece, where branches were strewn on coffins and planted at gravesites. In Egypt, oil of thyme was used in embalming, and it was believed by some that the spirits of the dead inhabited thyme blossoms. Throughout history, the herb was also a symbol of fortitude. Highland Scots concocted a drink from wild thyme to give themselves courage. There are many accounts of people making a soup from thyme and beer that was regarded by some as a possible cure for shyness. If the thyme didn't do the trick, perhaps the beer would. Beekeepers often plant thyme near hives, believing bees that feed on thyme produce an excellent honey. Thyme is also recommended for rubbing on bee stings. Thyme is the source of thymol, a chemical well known for its antioxidant and antibacterial properties. Because it is also antispasmodic and an expectorant, it is beneficial in herbal teas for cough and upper respiratory complaints.

**Sedum, Blue 'Blue Spruce Stonecrop' *Sedum reflexum***

**Size: 6" x 2'    Zone: 3    4" Price: \$5**

A drought tolerant groundcover with small, succulent blue leaves reminiscent of the needles of a blue spruce conifer. Yellow flowers accent containers, rock and alpine gardens. This and most other sedums thrive in harsh conditions, usable in poor soil areas, as long as they drain well, or in rock gardens. It will spill attractively over the edge of a mixed container or the face of a rock as it spreads. It is deer-resistant, so you can use it to surround other, tastier plants. This sedum also works well as a border or edge plant, but it does not tolerate being stepped on, so do not use it along a foot path. Supposedly, all varieties of sedum are edible, but the ones (like this one) with yellow flowers can have a mild toxicity that is taken away with cooking. The young leaves and stems are more tender, and you can cook the older ones for a short time to make them tender. Sedum is good added to salads, stir-fry, soups, etc. Young tubers/roots can be eaten as well. Eating a large amount of raw Sedum is said to possibly cause an upset stomach. This particular sedum is the one I most often see referred to by people who eat sedums.

**Sedum, Red *Sedum spurium***

**Size: 6" x 2'    Zone: 3    4" Price: \$5**

This succulent groundcover deepens from greenish- or bronze-red in summer to crimson or rich burgundy in fall. A low, spreading sedum that form a solid mat of foliage which is excellent for covering slopes or can be planted as a groundcover in sunny, dry areas. This sedum is extremely drought tolerant.

**Garden Sorrel *Rumex acetosa***

**Size: 2'    Zone: 4    Root Price: \$7**

A perennial herb that is cultivated as a garden herb or leaf vegetable (pot herb). Common sorrel has been cultivated for centuries. The leaves may be puréed in soups and sauces or added to salads; they have a flavor that is similar to kiwifruit or sour wild strawberries. Remove flowering tops as they appear to keep leaves tender.

**Sweet Flag *Acorus calamus americanus***

**Size: 2'    Zone: 3    Root Price: \$9**

A perennial wetland plant. The scented leaves and more strongly scented rhizomes have traditionally been used medicinally for any stomach and digestive problems and as an antiseptic. It is also used to make fragrances and the dried and powdered rhizome has been used as a substitute for ginger, cinnamon and nutmeg.

**Yarrow, Common *Achillea millefolium***

**Size: 2'    Zone: 3    Root Price: \$3  
4" Price: \$5**

Yarrow is a native herbaceous perennial groundcover and dynamic accumulator particularly specializing in accumulating phosphorous, potassium and copper (which means the plant itself is rich in those nutrients/minerals, and it also means the plant collects them and makes them available to other plants/critters nearby). The plant is a frequent component of butterfly gardens. The plant prefers well-drained soil in full sun, but can be grown in less ideal conditions, and can even do well in deep shade. It readily spreads by rhizomes. This is the locally growing yarrow with white flowers and soft feathery foliage. This is also the most medicinally active variety of yarrow, a powerful herb known for its relaxing and restorative effect especially on the circulatory and nervous systems. It is also used as a strong toning astringent, as an antiseptic, and as a full body cleanser that clears congestion and flushes away illnesses. Yarrow is also a proven mosquito repellent. In antiquity, yarrow was known as "*herbal militaris*" (military herb) for its use in stanching the flow of blood from wounds.

**Yarrow 'Gold Buttons' *Achillea filipendulina***

**Size: 4'    Zone: 4    Root Price: \$8**

A flowering herbaceous perennial plant in the *Asteraceae* family, native to the Caucasus Mountains, in southeastern Europe. Clumping growth habit. Bright yellow flower clusters good for pollinators. It is best grown in full sun, and is drought tolerant when established.

# Nitrogen Fixers

## Autumn Olive 'Garnet', *Eleagnus umbellata*

**Size:** 10-12'      **Zone:** 4      **4-5' Price:** \$23

This is one of our favorite multi-use small trees. Autumn Olive is a hardy, easy-to-grow nitrogen-fixing plant. It's a wide spreading shrub/small tree with silvery foliage, lots of fragrant yellow flowers, and small berries for eating fresh or for preserves. It's a beautiful ornamental, and also provides wildlife food and habitat, not to mention great berry grazing for yourself in the fall. In our opinion, the varieties are significantly better tasting than the standard landscape-grade seedlings. *Garnet* Autumn Olive gives abundant crops of large, reddish-bronze berries, ripening in mid to late September. The fruits are sweet and astringent and soft seeded. They are a colorful addition to fall fruit salads or green garden salads. Autumn Olive is not bothered by pests or diseases and is self-fertile. Produces 2nd year after planting.

## Black Locust, *Robinia pseudoacacia*

**Size:** 50'      **Zone:** 3      **2-3' Price:** \$8  
**6-8' Price:** \$20

Upright tree, will develop thickets. Fast growing. Transplants easily to any soil and climate even under the toughest conditions. Excellent for reclamation or shelterbelt purposes. Attractive white spring flowers. The fastest growing tree we've seen at Loping Coyote. The wood is also among the most rot-resistant there are, lasting 50-100 years stuck straight into the ground!

## Bush Clover *Lespedeza bicolor*

**Size:** 5-8'      **Zone:** 4      **8-12" Price:** \$4

Easily grown in average, medium, well-drained soil in full sun to part shade. Best in infertile, dryish soils in full sun. Good drainage is essential. Tolerates drought. Top growth may die to the ground in harsh winters, though roots are winter hardy to USDA Zone 4. Often grown in the manner of an herbaceous perennial in colder climates by cutting to the ground in late winter to early spring each year. This is how we've managed ours at Loping Coyote – it will still grow well over head height the next year in a good situation. As the season is nearing an end, in September and October, a time of year when there isn't much left blooming, bush clover will suddenly open a spreading crown of beautiful purple flowers beloved by bees – it's quite a show!

## False Indigo/Indigobush *Amorpha fruticosa*

**Size:** 6-12'      **Zone:** 4      **8-12" Price:** \$6

This fast growing legume shrub tolerates most soils. It grows fast and can grow in any well-drained soil. It has stunning deep purple spikes of flowers that bloom throughout spring.

The flower attracts bees and native pollinators and the plant is a host for several species of butterflies. The fruit is a small and short legume that is desired by game birds, song birds and small mammals. Indigobush can be used as a windbreak, a nitrogen-fixing support plant, or an ornamental. Plants develop a leggy character with the majority of their pinnately compound, fine-textured foliage on the upper third of the plant. The plant can tolerate wet soils and is known to be a weed along waterways in wetter parts of the country. Thus it prefers moist or average soils and it can take full sun but definitely seems to appreciate a bit of shade in our hot climate. Keep it irrigated, as it does not like extended periods of drought. The genus name, from the Greek *amorphos* (formless or deformed), alludes to the fact that the flower, with only a single petal (the banner), is unlike the typical pea flowers of the family, which usually have 5 petals (the banner, the two wings, and the two fused keels).

## Siberian Peashrub, seedling *Caragana arborescens*

**Size:** 8-15'      **Zone:** 2      **3-4' Price:** \$10

Siberian Peashrub is covered in bright yellow May flowers that the bees buzz busily around. It makes an excellent screen or windbreak, and is drought tolerant and very winter hardy. It's widely planted in all conditions. It's one of our staple nitrogen-fixers in Great Basin food forests designs. The young green seedpods can be eaten as a vegetable. By August, the dried seedpods snap open to drop the small seeds, which are 36% protein, and they can be cooked like dried peas.

# Nuts, Firewood, Timber, Windbreak, Habitat

## Butternut *Juglans cinerea*

Size: 60'      Zone: 3      2-3' Price: \$12  
4-5' Price: \$15

Resembles Black Walnut (*J. nigra*) but smaller. Delicious hard-shelled nuts have rich, oily, spicy flavor. Wood used for rifle stocks.

## Hawthorn, Black *Crataegus douglasii*

Size: 20'      Zone: 4      3-5' Price: \$15

This is a delightful native tree. A hardy tree, it is indigenous along the coast between Alaska and California and inland from New Mexico to Saskatchewan. In the garden, this tree attracts birds, butterflies and the ladybug. This versatile tree is drought resistant while also tolerating brief periods of flooding. For increased fruit production, plant the tree in an open, sunny location. However, the tree also grows well in partially shaded areas. The briary shrub is ideal for creating hedges or natural barriers. These thorny brambles provide protection for nesting and resting birds as well as small mammals. Butterfly larvae feed on the leaves and the flower's nectar attracts both hummingbirds and adult butterflies. In the chill of winter the berries supply nourishment for overwintering birds. Native Americans utilized many parts of this plant. Its strong wood was fashioned into digging sticks and handles for tools and weapons. The genus name *Crataegus* is taken from the Greek word *kratos* that means "strength." The razor-sharp thorns were used for piercing ears, lancing boils and making fish hooks. The bark and shoots were burned and mixed with ashes and grease to concoct black face paint. Historically, hawthorn species were used for building hedges and many cultivars have adorned ornamental English gardens. The common name hawthorn comes from an Anglo-Saxon word *haguthorn* that is translated into "a fence with thorns." The English affinity for hawthorns extends to the traditional use of its beautiful blossoms in May Day celebrations and to poetry where the tree often symbolizes the spirit of spring. The succulent berries are excellent for jellies, jams, pies and tarts. Black Hawthorn is said to have been used traditionally by Native Americans to strengthen the heart and thin the blood. The bark contains properties that are said to be beneficial for reducing inflammations and alleviating venereal diseases, diarrhea and dysentery.

## Hawthorn, Washington *Crataegus phaenopyrum*

Size: 20'      Zone: 4      2-3' Price: \$12  
3-4' Price: \$15

The Washington hawthorn is quite possibly the best of all the ornamental hawthorns. It is especially interesting because of its resistance to fireblight, a disease that severely limits the use of many hawthorns. It grows into a tall shrub or small tree. Growth is rather columnar at first, eventually becoming rounded. The clustered spring flowers are white and numerous. The Washington hawthorn forms a thorny, horizontally branched crown clothed in a dense mass of dark green, lustrous foliage. The leaves turn orange-red in the fall, then drop to reveal an abundant crop of bright red berries.

## Hazelnut, American *Corylus americana*

Size: 10'      Zone: 4      2-3' Price: \$15

A multi-stemmed, round-topped shrub. Dark green summer foliage, in fall turns to light yellow-green sometimes with reddish tints. Edible nuts. The species adapts well to a range of soil pH and types, but does best on well-drained loams. Hazelnut appreciates partial shade in our hot summers.

## Heartnut *Juglans alnifolia*

Size: 30'      Zone: 5      3-4' Price: \$15

Foliage of the Heartnut is so abundant and luxurious, the trees look almost tropical! Surely, one of the most attractive of all nut trees. The Heartnut is extremely hardy, and thrives in soils from heavy to light - matures faster than any other nut tree. It produces nuts in clusters, sometimes as many as 10 per cluster. Heartnut is known as the sweetest of all walnuts, there's no trace of bitterness. High-protein nut meats come out easily as wholes or halves. Trees bear early, usually in 3 to 5 years. Hardy to -25 to -30 degrees. Spreading tree reaches 20 to 30' at maturity and can be 20 to 25' wide.

## Linden, Littleleaf *Tilia cordata*

Size: 90'      Zone: 3      3-4' Price: \$18  
5-6' Price: \$25

There's too much good to say about the Linden tree. It is an excellent shade tree for anywhere and grows well in cities. Small white to yellow flowers with heart-shaped leaves emerge in the summer and can be smelled from far off, and the bees love them. Young leaves are edible when cooked and fresh. The leaves and flowers can be pounded into a flour that can then be mixed with other flours such as wheat to make baked goods. This was commonly done in Europe during WWII when food was scarce. The inner bark is also edible and the sap can be boiled down into a syrup. Its lovely tasting flowers and leaves are frequently used for teas and many lotions also include this wonderful herb. Linden tea is one of those examples of a plant that has it all. It is delicious, it is gentle enough for children and the elderly, yet it has also

been employed for serious acute problems. Linden tea is a remedy for the heart, especially for hypertension. It is a relaxing nervine as well as a vasodilator. The tea is both demulcent and astringent, making it a perfect remedy for excessive dryness. Besides taking it internally as a tea it can also be applied externally as a poultice or used as a bath herb. It is good for any type of skin inflammation such as burns, boils and abscesses. Linden can also be used for indigestion and during colds and flus to both release tension and to help move heat out of the body. And there's still much more that Linden can do too...

**Oak, Bur-English *Quercus macrocarpa x robur***

**Size: 60'      Zone: 4      3-4' Price: \$15**

Bur-English oak transplants well and grows in a wide variety of soil types. Growth rate averages 2-4 ft. per year once established. Acorn production begins early between 5-10 years of age. Symmetrical pyramidal crown eventually develops into a dense, round or oval shape. The leaves are a leathery dark green. Good, tough foliage holds up well in strong winds. Catkins emerge in spring. Very sweet, good-sized acorns with large caps.

**Privet, English *Ligustrum vulgare***

**Size: 10'      Zone: 5      5-6' Price: \$15**

Common privet (also European privet or wild privet) is a fast-growing, deciduous (semi-evergreen in mild winter climates) shrub that typically grows 10-15' tall and as wide. It has good winter hardiness and formerly was the most popular species of privet grown for hedging in northern areas. Easily grown in average, dry to medium, well-drained soils in full sun to part shade. Tolerant of a wide range of soils, except wet ones. Tolerant of urban conditions. Prune as needed immediately after flowering.

**Walnut, Black, seedling *Juglans nigra***

**Size: 75-120'      Zone: 5      2-3' Price: \$12**

Known from afar by its deeply furrowed, black bark. This tree is prized for its beautiful wood and the tasty nuts, which are avidly harvested in the autumn. Walnut is considered by many as the finest wood in the world. Old-timers sought it out and used it lavishly in their homes, barns and fences. The warm brown wood finishes beautifully. It is easy to work, yet durable. It shrinks and swells less than any other wood, which makes it valuable to cabinet makers and gunsmiths alike. Walnut grows in a variety of soils. However, it grows best in deep, well-drained soils and on alluvial soils.

# Vines

## Grapes, American Seedless, Red, 'Canadice'

**Size: Vigorous    Zone: 5    1-2' Price: \$10**

*Canadice* produces medium clusters with small, sweet, red seedless berries. A slip-skin variety with tender and edible skin. *Canadice* is winter hardy to -20F. Susceptible to black rot, downy mildew and botrytis. Has a distinct *labrusca* flavor but not overpowering. Perfect for jams, jellies, or fresh eating. This is definitely among the tastiest treats we have grown in our gardens.

## Grapes, American Seedless, Black, 'Glenora'

**Size: Vigorous    Zone: 6    1-2' Price: \$10**

*Glenora* is a sensational high-quality seedless variety that produces medium sized blue berries. The flavor of this variety is very mild and pleasant. When frozen, *Glenora* looks and tastes a lot like blueberries.

## Grapes, American Seedless, White, 'Himrod'

**Size: Vigorous    Zone: 5    1-2' Price: \$10**

Vigorous vines produce large, loose clusters of oval, soft, flavorful berries. Grapes have a honey-like flavor and a melting, juicy texture. Moderate disease resistance.

## Grapes, American Seedless, Yellow, 'Marquis'

**Size: Vigorous    Zone: 5    1-2' Price: \$10**

*Marquis* is an outstanding variety from Cornell University that produces abundant crops of large, pale yellow, very sweet and flavorful, seedless grapes. The fruit holds well on the vine and after harvest. Great for fresh eating and also makes great jams and preserves. *Marquis* has also been used to make a fruity table wine with hints of pineapple.

## Grapes, American Seedless, Blue/Black, 'Thomcord'

**Size: Vigorous    Zone: 5    1-2' Price: \$10**

This new hybrid grape combines the deep lushness of *Concord* with the light sweetness of *Thompson*. You can taste both in each delicious bite. *Thomcord* carries the fragrant '*labrusca*' aroma from the *Concord* parent and the sweet balanced flavor from the *Thompson* grape parent. This seedless grape vine is especially productive like both parents and is adapted best to grow in hot and dry places.

## Grapes, American Seedless, Red, 'Vanessa'

**Size: Vigorous    Zone: 5    1-2' Price: \$10**

The vines of *Vanessa* are moderately vigorous and among the hardiest of seedless grapes. Excellent, delicious table grapes. The fruit has a blushing-red skin; the firm yet tender flesh melts smoothly to release the fruity flavor. Also perfect for grape pies, jams or jellies.

## Hops 'Cascade' *Humulus lupulus*

**Size: 15-25'    Zone: 4    Root Price: \$12**

Hops are the flowering cone of a perennial vining plant that typically thrives in climates similar to the ones that grapes like. Hop plants are dioecious, meaning the males and females flower on separate plants -- and the female cones are used in the beer brewing as well as in herbal medicine as a sedative, nervine and antiseptic. The species name, *lupulus*, is derived from the Latin, *lupus* (a wolf), because, as Pliny explains, when produced among osiers (a Eurasian willow), it strangles them by its climbing embraces, as the wolf does a sheep. Usually it is said that hops want full sun, though it is also said that in areas where summer temperatures well exceed 70 degrees F, hops will actually benefit from partial shade, though that is not how I've seen them grown in the western hot parts of the country. Hops are generally drought-tolerant with a deep root system. In brewing, *Cascade* is an aroma-type cultivar. *Cascade* was developed at the USDA breeding program at Oregon State University and released as an American aroma variety in 1971. It originated from an open seed collection in 1956, including English *Fuggle*, Russian *Serebrianker*, and an unspecified male hop variety. It is a very popular U.S. variety, with a moderate bitterness level and fragrant, flowery aroma. *Cascade* is often used in highly hopped West Coast ales that have a citrus-floral hop character.

## Hops 'Chinook' *Humulus lupulus*

**Size: 15-25'    Zone: 4    Root Price: \$12**

*Chinook* is a bittering variety with aroma characteristics. It is a high alpha acid hop with a wonderful herbal, almost smoky character when used as an aromatic during the last few minutes of the boil when dry hopping. Excellent for hopping American-style Pale Ales, especially those brewed to higher gravities. There is much history of hops being used for many other uses than for brewing beer, and well before it became known as a beer herb. We find hops first mentioned by Pliny, who speaks of it as a garden plant among the Romans, who ate the young shoots in spring, in the same way as we do asparagus, and as country people frequently do in England to the present day. The young tops of hops used formerly to be brought to market tied up in small bundles for table use. The tender first foliage, blanched, is a good potherb. Also, the leaves and flower heads have been used to produce a fine brown dye. Hops appear to have been used in the breweries of the Netherlands in the beginning of the fourteenth century. In England they were not used in the composition of beer till nearly two centuries afterwards. The liquor prepared from fermented malt formed the favorite drink of the Saxons and Danes long ago. The beverage went by the name of *Ale* (the word derived from the Scandinavian *öl* - the Viking's drink) and was brewed either from malt alone, or from a mixture of

the latter with honey and flavored with heath tops, ground ivy, and various other bitter and aromatic herbs, such as marjoram, buckbean, wormwood, yarrow, woodsage, chamomile, germander and broom. They knew not, however, the brew to which hops give both flavor and preservation. Long after the introduction of hops, the liquor flavored in the old manner retained the name of *Ale*, while the word of German and Dutch origin, *Bier* or *Beer*, was given only to that made with the newly-introduced bitter hops catkins. Medicinally (including in beer), hops improve the appetite and promote sleep. The bitter principle in hops proves one of the most efficacious vegetable bitters and thus a great digestive aid. It has proved of great service also in heart disease, fits, neuralgia and nervous disorders, besides being a useful tonic in indigestion, jaundice, and stomach and liver affections generally. A pillow of warm Hops will often relieve toothache and earache and allay nervous irritation. An infusion of the leaves, strobiles and stalks, as hop tea, taken by the wineglassful two or three times daily in the early spring, is good for sluggish livers. Hops juice cleanses the blood, removes pain and allays inflammation in a very short time. It may also be applied as a poultice.