

## EDIBLE LANDSCAPING PLANTS

These plants grow well in the Front Range area and are considered tasty by most people. Those marked with \* will also grow with very occasional supplemental water (although all plants will produce more if given extra water and nutrients). Those marked with + will grow well with regular but low amounts of water (good xeriscape plants).

### TREES

- |   |  |
|---|--|
| *Bur Oak ( <i>Quercus macrocarpa</i> )                | Sweetest acorns, selected varieties are available for good nuts  |
| *Black Walnut ( <i>Juglans nigra</i> )                | Strong tasting nuts, one of few nuts which bear reliably here  |
| Beaked Hazelnut ( <i>Corylus cornuta</i> )            | Native small tree. Other filberts and hazelnuts may bear here  |
| *Hackberry ( <i>Celtis occidentalis</i> )             | Small date tasting fruit   |
| *Russian Olive ( <i>Eleagnus angustifolia</i> )       | Naturalized variety liked by some birds, often becomes invasive pest. Tastier varieties exist in asia. |
| Redbud ( <i>Cercis canadensis</i> )                   | Edible flowers in early spring   |
| *Hawthorn ( <i>Crataegus</i> sp)                      | Small fruit useable in cooking, medicinally and for birds.   |
| European Mountain Ash ( <i>Sorbus acuparia</i> )      | Good for birds. European varieties selected for tasty fruit  |
| White Mulberry ( <i>Morus alba</i> )                  | Some selections have good fruit  |
| *Chokecherry ( <i>Prunus virginiana</i> )             | Use for jelly, bird food   |
| *Crabapple ( <i>Malus</i> sp)                         | Some varieties have good fruit   |
| American Persimmon<br>( <i>Diospyros virginiana</i> ) | Smaller than oriental persimmons   |
| Quince ( <i>Cydonia oblonga</i> )                     | Traditional cooking fruit  |
| Chinese Chestnut ( <i>Castanea molissima</i> )        | Blight free, may bear here   |
| +Pinon Pine ( <i>Pinus cembroides edulis</i> )        | Excellent nuts, doesn't seem to bear many nuts in Boulder  |
| *Apple  | Very reliable  |
| Apricot   | Beautiful tree, bears occasionally   |
| *Cherry   | Sour cherry bears reliably, sweet only every few years   |
| Peach and Nectarine                                   | Only bear every few years  |
| Pear  | Beautiful tree, reliable if hardy  |

### SHRUBS

- |  |   |
|--|---|
| * Elderberry ( <i>Sambucus canadensis</i> )                              | Flower and fruit edible   |
| +Rosa rugosa   | Large rose hips good for syrup  |
| * Serviceberry ( <i>Amelanchier canadensis</i><br>and <i>alnifolia</i> ) | Named varieties available with blueberry-like flavor  |
| * Nanking Cherry   | Beautiful plant, sour cherry fruit  |
| *Wild Plum ( <i>Prunus americana</i> )                                   | Native, fruit good for jams, birds  |
| *Golden Currant ( <i>Ribes aureum</i> )                                  | Tasty fruit and flower  |
| * Gooseberry and Currants ( <i>Ribes</i> )                               | Grow in part shade, very reliable   |
| Cornelian Dogwood ( <i>Cornus mas</i> )                                  | Large shrub   |
| * Raspberries ( <i>Rubus</i> sp.)  | Reliable, rambunctious. Red and gold fall-bearing are simpler to prune. Chester is a thornless, black, summer bearing |
| variety  |   |
| *Buffaloberry ( <i>Shepherdia argentea</i> )                             | Good after frost, bird food   |
| +Daylilies ( <i>Hemerocallis</i> sp)                                     | Edible flower bud   |

## GROUND COVERS

- +Lemon Thyme
- \*Wild Strawberry (Fragaria americana)
- French Strawberry (Fragaria vesca)
- Mint
- Chamomile
- Creeping Oregon Grape Holly (Mahonia repens)

GC

Clover  
Daffodil  
Yarrow

## VINES

- Grapes
- Hops
- Hardy Kiwi

## HERBS

- Basil-purple leaved available
- Borage
- Dill-feathery leaves
- Anise Hyssop-purple flower, leaves as flavoring
- Chives- purple flower
- Garlic Chives- delicious flavor, white flower
- Bee Balm- leaves for tea, nice flower in many colors
- Sorrel- tangy leaf
- Lemon Balm- leaves for tea, compact mound if trimmed
- Oregano- purple flowers
- Lavendar- silver leaf and purple flower
- Sage (Salvia) - several leaf colorings available, pretty in garden

**VEGETABLES** These are particularly good for use among flower beds or in other visible areas

- Amaranth- leaves and seeds edible on certain varieties
- Asparagus
- Beans-Scarlet Runner beans varieties have red,pink or white flowers
- Cabbage- chinese and purple
- Corn- Ornamental dwarf varieties available
- Cucumber-bush varieties
- Eggplant- many different colored fruit available
- Fennel-beautiful feathery background for flowers
- Jerusalem Artichoke- sunflower-type flower, instant hedge
- Kale- dwarf blue curled forms make a good border,ornamental varieties are edible
- Leeks
- Lettuce-red leaved varieties are particularly beautiful
- Mizuna- easy, nice cut leaf.Can be cut to ground and will regrow
- Parsley-good border for flower and herb beds
- Peas - bush and pole, some have ornamental flowers
- Peppers- glossy leaf and showy fruit
- Rhubarb- dramatic leaves
- Squash- bush varieties
- Swiss Chard- Rhubarb variety particularly beautiful
- Tomatoes- bush varieties, many colors of fruit available

## Edible Plants for Guilds & Gardens

APPLE *Malus*

Czechoslovakian M. Releika Rezista

" M. Rezista Resi

Cox Orange Pippin

Duchess Rootstock M. 'Barowinka'

Honeycrisp

Honeygold

Mantet

Norland

Northwest Greening

Red Baron

Royal Gala

Sweet Sixteen

Westland

Centennial Crabapple

APRICOT *Prunus armeniaca*

Moongold *A. vulgaris* moongold

Chinese (self fertile)

Sungold *A. vulgaris* sungold

Lambert

Manchurian Bush rootstock *A vulgaris* 'manchurian bush'

Scout

ARONIA

Viking *A melanocarpa* chokeberry

CHERRY *Prunus*

Besseyi

• Chokecherry

Meteor

Montmorency

Nanking *P tomentosa*

Stella

CURRANT *Ribes*

Alagan *R negra*

Blanca *R sativum*

Black Edward

Black Titania

Ben More

Comanche *Ribes uva crispa*

Golden

Laxton's Giant Black

Large Red

Mason White

Minnesota 52 Red

Pixwell *R hirtellum*

Red Josta

Red Lake *R sativum*

DOGWOOD *Cornus* (edible)  
Yellow fruited C Mas  
Red Star C Mas

ELDERBERRIES *Sambucus* ←  
Adams *S canadensis*  
Johns *S canadensis*

- GOOSEBERRIES *Saxifragaceae* (*Grossulariaceae*)  
Captivator  
Orus 8

GRAPES *Vitis*  
Bera V. Bera  
Bluebell V Bluebell  
Concord V Concord  
Swanson Red V Swanson Red  
Swanson White V Swanson White  
Valiant V Valiant

#### MISC FRUITS

- Mahonia repens (Creeping Oregon Grape Holly  
Nectarine  
Wolfberry (Edible *Lycium barbarum* or *Lycium Chinense*)  
Sea Buckthorn (must plant male/female) also called SeaBerry  
Hackberry tree
- Service berry  
Quince
- Roses for hips

#### HERBS - PERENNIAL & PERENNIAL FOODS

- Salad Burnet *Sanguisorba minor*  
Sweet Annie *Artemisia annua*
- Lovage *Levisticum officinale*
- Sage *Savia Offidinalis*  
Anise Hyssop *Agastache Foeniculum*  
Peppermint *Mentha piperita*
- Spearment *Mentha spicata*
- French Tarragon *Artemisia Dracunculus*  
Oregano *Origanum sp*  
Jerusalem Artichoke *Helianthus tberosus*
- Sorrel *Rumex sctatus*
- Chives *Allium schoenoprasum*
- Garlic *Allium Sativum*  
Egyptian onions *Allium proliferum*
- Horseradish *Armoracia rusticana*
- Comfrey *Symphytum sp*
- Lemon balm *Melissa officinalis*
- Thyme *Thymus sp*  
German Chamomile *Matricaria recutita*  
Wormwood *Artemisia absinthium*  
Oregon Grape *Mahonia repens*  
Purple Coneflower *Echinacea purpurea*
- Penstemon *Penstemon spp*

HERBS - ANNUAL & ANNUAL FOODS

- Fennel *Foeniculum vulgare* →  
Dill *Anethum graveolens* →  
• Basil *Ocimum basilicum*  
• Shiso *Perilla frutescens*  
• Borage *Borago officinalis*  
• Lambsquarters *Chenopodium album*  
Pennycress  
Cilantro *Coriandrum sativum*  
Upland cress *Barbarea verna*  
Red Orach *Atriplex hortensis*  
(Always your FAVORITE food crops!)

HERBS - BIENNIAL

- Clary sage *Salvia sclarea*  
Hollyhock *Alcea Rosea* →

HONEYSUCKLE *Lonicera*

Berry Blue *L. caerulea edulis*

KIWI *Actinidia*

Arguta Male & female *A. arguta*

MTN ASH HYBRIDS *Sorbus*

Ivan's Belle *Saucuparia x Craetagus*

Shipova *Pyrus x Sorbus*

*Sorbus Aucuparia eduis*

NITROGEN-FIXING PLANTS

- Alder  
Buffaloberry *Sherpherdia sp*  
Goumi seedling *Eleagnus Parvif*  
• Indigo *Amorpha fruticosa*  
Curl leaf Mtn Mahogany *Cercocarpus ledifolius*  
New Mexico Privet *Forestiera new-mexicana*  
Regent *Amelanchier alnifolia*  
Siberian Pea Shrub  
Spanish gold broom *Cytisus purgans 'Spanish Gold'*  
Sweet scarlet Goumi *Eleagnus parvif*  
Tidy pea shrub  
Tidy tree *Caragena microphylla*  
Trus Leaf Mtn Mahogany *Cercocarpus montanus*  
Lead plant *Amorpha canescens*

NUT TREES

- Chestnut  
Scrub oak  
Carpesian Walnut  
Cascade Walnut  
Filbert/hazelnuts  
Pinon Pine  
Turkish Tree Hazelnut *Corylus columna*



PEACH Prunus  
Golden Centennial  
North Pole  
Red Haven  
Reliance  
Siberian

PEAR Pyrus  
Golden Spice  
Gourmet  
Harban  
Hardy  
Harvest Queen  
Keiffer (self fertile)  
Summer Crisp

PLUM Prunus  
Ilor-tsiran Black P dasycarpa  
Beach  
Damson P Damson  
Green gage  
Mirabelle de Metz  
American P Americana  
Newport  
Pembina  
South Dakota  
Stanley Prune  
Toka  
Underwood

RASPBERRIES Rubus  
Autumn Bliss  
Golden Harvest  
Plainsman

STRAWBERRIES Fragaria  
Everbearing  
Quinault  
Ft Laramie

Misc BERRIES  
Blackberry Rubus sp  
Cranberry high bush  
● Lingonberry

\*Add in any favorite plants you want and medicine plants... and of course fungi!!!

Some of these plants are borderline for Colorado gardens, but it's a place to start!

- ...ing problems. This practice will generally only create additional stress.
- Do not attempt to make up for the drought by watering too often. Keeping the soil too wet will cause root rot and other related problems.
  - Water monthly in dry winters to keep roots healthy.

~~~~~ Colorado State Univ.  
Extension

**ARID GARDEN PLANTS** Once established, these should thrive with little or no water during dry seasons. All Colorado natives should handle drought as well as any. Some may take up to 2 -3 years to establish.

#### TREES

Cedrus Cedar trees  
 Celtis Hackberry  
 Fraxinus Ash (some)  
 Gymnocladus Dioica Kentucky Coffee  
 Koeireuteria paniculata Golden rain  
 Pinus Pine (most)  
 Quercus Oak (some)  
 Robinia neomexicana Desert Locust (some) poisonous  
 Sophora japonica Japanese pagoda  
 Tilia tomentosa Silver Linden

#### SHRUBS

Silver Fountain Butterfly bush  
 Siberian Peashrub  
 Caryopteris clandonensis Blue Mist  
 Ceanothus Wild Lilac  
 Cercocarpus Mountain mahogany  
 Cotinus coggygria Smoke tree Tempermental!  
 Cotoneaster  
 Cytisus Broom  
 Fallugia paradoxa Apache plume  
 Juniperus Juniper (some)  
 Lavendula Lavender  
 Mahonia Colorado Native (likes some shade)  
 Pyracantha Firethorn (likes some shade)  
 Rhus Sumac  
 Ribes Currant & gooseberry (most)  
 Rosa rugosa  
 Desert Holly

## GROUNDCOVER

Arctostaphylos uva ursi Kinniknick  
Cerastium tomentosum Snow in Summer  
Delosperma Ice plant  
Helianthemum nummularium sunrose  
Thymus Thyme

## VINES

Polygonum aubertii Silver lace vine

## PERENNIALS

Achillea Yarrow  
Antennaria dioica Pussy toes Colorado Native  
Artemisia  
Centranthus ruber Jupiter's Beard  
Coreopsis  
Euphorbia (some)  
Festuca Ovina Glauca Blue Fescue grass  
Gaillardia Blanket flower Colorado Native  
Gaura lindheimeri Whirling butterflies  
Iris bearded iris  
Kniphofia uvaria Red hot poker  
Liatris Gayfeather Colorado native  
Linum Blue flax Colorado Native  
Melampodium leucanthum Blackfoot daisy  
Oenothera Evening Primrose  
Penstemon Beard tongue (many)  
Perovskia Russian sage  
Salvia sage (most)  
Santolina chamaecyparissus Lavender cotton  
Sedum Stonecrop (many)  
Stachys bysantina Lamb's ear  
Verbascum mullein  
Yucca (most)  
Zinnia grandiflora