

This list is a starting place of just some species that are suitable for food forest gardening in most of Nova Scotia, and some of their uses. It is by no means complete, as most plants are of use in one way or another. If you have a plant addition you think cannot be omitted please feel free to contact me. Most information is taken from www.en.wikipedia.org and www.pfaf.org and I would encourage you to do further research on species of interest there or to consult your own sources. Medicinal descriptions are for informational purposes only. The availability of many of these plants can be found at www.davesgarden.com

GLOSSARY

Allopathic: The property of a plant that kills many other types of plants inhabiting the same area

A Annual: lives for only one year.

Aquaponics: a hydroponics system that produces edible fish, edible plants as well as food for the fish and fertilizer for the plants, as well as cleaning its own water. A closed loop food producing system.

Autotoxic: a plant that creates conditions where it is being grown that are not conducive to its own survival. This is a plant that must constantly be on the move year to year.

Bi Biennial Lives for two years. In it's first year a biennial accumulates starches, in its second it uses up that fuel to set seed and die.

Companion plant: a plant that protects the crop plant by creating chemicals that repel pest animals.

D/A Dynamic Accumulator: A plant that accumulates a plant nutrient in its body, making that nutrient bioavailable to other plants when the leaves of that plant decay. Some accumulators have deep roots that reach deeper into the subsoil than many other plants can reach, others concentrate elements in their leaves to a greater degree than other plants.

GLA Gammalineolic acid. An essential fatty acid

Inulin glycoside: a form of starch produced in the roots of some plants. It turns to fructose upon cooking and is reported to be good for diabetics.

** Invasive: a highly subjective word and meant in this guide as a notification to do further research. Often plants that are potentially invasive in some situations will be easily controlled in others. For example some plants are easily controlled in shaded environments or those with healthier soils. I have omitted those plants that are so competitive as to be unsuitable for a forest garden.

* Marginal to our zone: does best in a slightly warmer climate, but may survive in warm microclimates of the zone in question

^ Acid tolerant

Micorhizae: fungi that are symbiotic with trees, and that help them grow by extending their root systems. A sign of a mature and healthy sold-growth forest.

Nectary: A plant providing nectar and pollen to pollinating birds, insects, mammals and other animals. To provide a constant or near constant calendar of flowers encourages animals that will prey on pest insects and will increase your crop yields by pollinating them as well.

P Perennial Lives for more than two years

ss Self-seeder If allowed to go to seed, this plant will sow itself, releasing you from the need for subsequent planting efforts. The plants will also have their own pick of places in which they do best.

Tuber: a starch-bearing underground portion of a plant. Often edible but sometimes poisonous

Tall trees

Common name	Latin name	Uses
Eastern White Pine	<i>Pinus strobus</i>	Lumber, medicinal, native, animal feed and emergency food source
Heartnut	<i>Juglans ailantifolia x cordiformis</i>	Nuts, lumber
Butternut	<i>Juglans cinerea</i>	Nuts, lumber, native
Hardy Pecan	<i>Carya illinoensis</i>	Nuts, lumber
White Oak (K)	<i>Quercus alba</i>	Nuts, lumber, D/A
Chestnut Oak (K)	<i>Quercus prinus</i>	Nuts, lumber, D/A
Shagbark Hickory	<i>Carya ovata</i>	Nuts, lumber, medicinal
Chinese Chestnut	<i>Castanea mollissima</i>	Nuts
American Chestnut	<i>Castanea dentata</i>	Nuts, lumber, native
Black Walnut	<i>Juglans nigra</i>	Nuts, allopathic
Russian Olive** (N)	<i>Eleagnus augustifolia</i>	D/A, nectary, lumber, edible, oilseed
Beech	<i>Fagus grandifolia</i>	Nuts, lumber, firewood, coppice
Acacia* (N) honey locust black locust rose locust	<i>Gleditsia triacanthos</i> <i>Robinia pseudoacacia</i> <i>Robinia hispida</i>	Nectary, slash mulch, N2, seeds as animal feed. All marginal to our zone but worth a shot
Persimmon	<i>Diospyros virginiana</i>	Fruit, lumber, requires a pollinator
Paw Paw*	<i>Asimina triloba</i>	Edible fruit
Sarsaparilla (I)	<i>Smilax regelii</i>	Edible, medicinal

Small trees		
Afghani pomegranate*	<i>Punica granatum</i>	Fruit, dyestuff, medicinal
Apricot	<i>Prunus armeniaca</i>	Fruit
Almond, hardy	<i>Prunus dulcis</i>	Fruit
Mulberry	<i>Morus rubra</i>	Fruit, medicinal, lumber
Bitter orange	<i>Poncirus trifoliata</i>	Edible cooked, medicinal potential source of vit C?
Cherry	<i>Prunus avium, P. cerasus</i>	Fruit, fine wood, pp
Rowan	<i>Sorbus spp</i>	Fruit native
Saskatoon	<i>Amelanchier alnifolia</i>	Fruit, native
Apple	<i>Malus domestica</i>	Fruit, fine lumber
Peach	<i>Prunus persica</i>	Fruit,
Pear	<i>Pyrus spp</i>	Fruit
Plum	<i>Prunus domestica</i>	Fruit
Dwarf Siberian Stone Pine	<i>Pinus pinea</i>	Abundant fruit, invasive,
Chokecherry	<i>Prunus virginiana</i>	Nectary, bird habitat Riparian, Nitrogen, lowers
Alder (N)	<i>Prunus virginiana</i>	Water table, biomass, coppice lumber, coppice firewood, reduce erosion,

Witch hazel Hazel	<i>Hammamelis virginiana</i> <i>Corylus spp</i>	invasive Medicinal, native, early pp Coppice lumber,nuts, native fruit
Hardy fig*	<i>Ficus carica x"Chicago"</i>	Native, berries, jam, bird habitat, vit.C
Highbush cranberry Wild raisin	<i>Viburnum trilobum</i> <i>Viburnum cassinoides</i>	Native, berries Medicinal, berries, edible flowers, predatory bird habitat, nectary
Elder Yew	<i>Sambuccus spp.</i> <i>Taxus baccata, T.</i> <i>canadensis</i>	Berries, medicinal Edible berries, evergreen buffer for north wind, toxic, medicinal, native
Medlar Whitebeam	<i>Mespilus spp</i> <i>Sorbus aria</i>	Edible fruits Fruit, nectary

Shrubs Siberian peashrub (N)** Sea buckthorn (N) **	<i>Carragana arborescence</i> <i>Hippophae spp.</i>	N2, nectary, coppice N2, GLA, Vit C,edible berries
Blueberry Jostaberry Haskap Currant spp Thimbleberry**	<i>Vaccinium cyanococcus</i> <i>Ribes xnigrigidolaria</i> <i>Lonicera caerulea</i> <i>Ribes spp</i> <i>Rubus parviflorus, R.</i> <i>occidentalis, R. spectabilis</i>	berries, native. prefers sun Berries Berries Shade tolerant berries Ornamental, berries, nectary
Hawthorn	<i>Crataegus spp.</i>	Berries, medicinal, native, predatory bird habitat, Hedge material, fuel
Black and raspberries/boysenberry/tay berry **^	<i>Rubus idaeus</i>	Berries, nectary, invasive
Gooseberry Huckleberry Sweetgale (N) Quince	<i>Ribes uva-crispa</i> <i>Myrica gale</i> <i>Cydonia oblonga</i>	Berries Berries, native Native, culinary, wax Layers, ornamental, nectary, fruit
Meadowsweet (Mg) (S) (Na) (Ca) (P) (Fe) Oregon grape^	<i>Filipendula ulmaria</i> <i>Mahonia aquifolium</i>	Medicinal, nectary, native shade tolerant, D/A Medicinal, edible fruit, vit C, ornamental, native
Barberry**	<i>Berberis spp.</i>	Medicinal, shade tolerant, edible fruit, hedging, bird habitat
Salal^ Goji**	<i>Gaultheria shallon</i> <i>Lycium barbarum</i>	Edible, medicinal Medical, edible, oilseed

Herbs		
Alfalfa (N)	<i>Medicago sativa</i>	P animal feed, green manure, medicinal, nectary, edible sprouts, superfood, autotoxic, no-till ally, drought resistant, erosion protection, assists groundwater infiltration
Amaranth	<i>Amaranthus spp</i>	A edible grain and leaves, dyestuff, companion plant
Arugula/rocket	<i>Eruca sativa</i>	A, edible leaves, ss
Asparagus	<i>Asparagus officinalis</i>	P, edible sprout, medicinal
Bee balm**	<i>Monarda spp.</i>	P, medicinal, nectary, Predator habitat
Buckwheat (P)		ss, Nectary, edible grain
Broom (N) (Mg)		D/A
Butter and eggs/toadflax (K)		medicinal, edible
Borage (K) (Si)	<i>Borago officinalis</i>	nectary, medicinal, edible
Bunchberry	<i>Cornus Canadensis</i>	edible. medicinal
Campanula	<i>Campanula spp.</i>	Nectary, ornamental, ground cover
Coltsfoot (Mg) (S) (Ca) (K) (Cu) (Fe)	<i>Tussilago farfara</i>	Medicinal, D/a, nectary, erosion control
Chufa grass	<i>Cyperus esculentus</i>	Edible tuber, oilseed crop, medicinal,
Clover (N)	<i>Trifolium spp.</i>	Animal feed, green manure, nectary, groundcover, P
Chamomile (K)	<i>Matricaria chamomilla</i>	Medicinal, nectary, A
Chickory (K)	<i>Cichorium intybus</i>	Edible root, medicinal, Bi
Chick weed (K)	<i>Stellaria spp.</i>	nectary, no-till ally, SS
Comfrey** (N) (Si) Mg) (K) (Ca) (Fe)	<i>Symphytum officinale</i>	P, D/A, groundcover, shade tolerant, medicinal, nectary, no-till ally, P
Calendula	<i>Calendula officinalis</i>	Medicinal, edible, nectary, predator habitat, companion plant, ss
Chrysanthemum	<i>Chrysanthemum spp.</i>	nectary, edible, medicinal, P
Chives	<i>Allium schoenoprasum</i>	culinary herb
Corn salad	<i>Claytonia perfoliata</i>	edible foliage
Daylily	<i>Hemerocallis fulva</i>	Edible tuber, flower, nectary
Dandelion (Si) (Na) (Mg) (Ca) (K) (Fe) (Cu)	<i>Taraxacum officinalis</i>	Medicinal, coffee plant, no-till ally, D/A
Dill	<i>Anethum graveolens</i>	Predator habitat, medicinal, culinary herb, companion plant, ss, aromatherapy,
Dock (K) (P) (Ca) (Fe)	<i>Rumex crispus</i>	No-till ally, medicinal, edible, grain crop, D/A

Daikon	<i>Raphanus sativus</i> <i>xlongipinnatus</i> ,	No-till ally, edible, ss
Eyebright (K) (S) Echinacea/coneflower Elecampane	<i>Euphrasia spp.</i> <i>Echinacea purpurea</i> <i>Inula helenium</i>	medicinal D/A, nectary, predator habitat, no-till ally, inulin medicinal
False Solomon Seal	<i>Polygonatum commutatum</i>	Edible tuber, sprout, medicinal, native
Fennel (K) (S)	<i>Foeniculum vulgare</i>	Medicinal, nectary, predator habitat, culinary, edible bulb P, ss
Fern, Ostrich Fern, bracken (Mn) (Co) (P)	<i>Matteuccia struthiopteris</i> <i>Pteridium spp.</i>	P, edible sprout erosion control, allelopathic phytoremediation ally high in protein, edible. ss, fruit, groundcover
Good king Henry ground cherry golden alexander Garlic mustard**	<i>Chenopodium bonus-</i> <i>henricus</i> <i>Physalis pruinosa</i> <i>Zizia aurea</i> <i>Alliaria petiolata</i>	no-till ally, D/A, nectary pot herb Edible, medicinal, allelopathic to mycorrhizae
Geranium Hyssop Hemp	<i>Pelargonium spp.</i> <i>Hyssopus officinalis</i> <i>Cannabis savita</i>	medicinal, nectary, Oilseed crop, fibre crop, inulin, biomass, hempcrete, GLA
Jerusalem artichoke** Japanese lantern**	<i>Helianthus tuberosus</i> <i>Physalis alkekengi</i>	Edible tuber, nectary Edible fruit
Kale	<i>Brassica oleracea</i>	Edible leaves
lavender lettuce lupine (N)(P) love Lambsquarters (K) (P) (Ca) (Mn) Marigold (P) Mullein (K) (S) Mayapple	<i>Lavendula spica</i> <i>Lactuca sativa</i> <i>Lupinus polyphyllus</i> <i>Levisticum officinale</i> <i>Chenopodium album</i> <i>Tagetes spp</i> <i>Verbascum thaspus</i> <i>Podophyllum peltatum</i>	medicinal, nectary, perfume edible nectary, native, D/A nectary, culinary herb Edible leaves high in protein, Calcium\ Nectary, medicinal Medicinal, dyestuff Edible fruit, native, shade tolerant, groundcover, culinary, medicinal, nectary
Mints** (Mg) Nasturtium	<i>Mentha spp.</i> <i>Tropaeolum majus</i>	Edible flowers, leaves, fruit, companion plant, nectary ornamental,
Nettle(N) (Cu) (S) (Na) (Ca) (P) (Fe) New Zealand spinach Onions, bunching	<i>Urtica diotica</i> <i>Tetragonia tetragonioides</i>	D/A, medicinal, edible leaves, cordage Edible leaves, salt tolerant Edible leaves and tubers, medicinal
Orach Parsnip Primrose (Mg) (S)	<i>Atriplex suberecta</i> <i>Pastinaca sativa</i>	edible leaves, salt tolerant Edible tuber, ss, Bi, no-till ally

Plantain (Cu) salt tolerant (K) (Si) Purslane (P)	<i>Plantago spp.</i> <i>Portulaca oleracea,</i>	Medicinal, D/A GLA, grain crop, edible leaves
Rhubarb	<i>Rheum rhabarbarum</i>	Living mulch, edible stem, toxic
Sweet cicely Garden sorrel Solomon seal	<i>Myrrhis odorata</i> <i>Rumex acetosa</i> <i>Polygonatum spp.</i>	culinary herb, P, ss, nectary Edible leaf Medicinal, Edible sprouts and root
St john's wort Sow thistle/hare thistle **(Mg)(Cu)	<i>Hypericum perforatum</i> <i>Sonchus oleraceus</i>	P, Medicinal, dyestuff Erosion control, edible leaf, D/A, fodder
Silverweed cinquefoil (Cu) (K) Shepherd's purse (S) soy (N)	<i>Argentina anserina</i> <i>Capsella bursa-pastoris</i> <i>Glycine max</i>	Edible root Edible leaf, erosion control edible grain and source of protein, oilseed, fodder,
Tarwi/edible lupine (N) Tansy	<i>Lupinus mutabilis</i> <i>Tanacetum vulgare</i>	Edible grain, protein, oilseed crop, green manure, D/A
Valerian (Cu)(Si) Yarrow (Cu) (P) (Na) (K)	<i>Valeriana officinalis</i> <i>Achillea millefolium</i>	Medicinal, companion plant, toxic, insecticidal, P Medicinal, nectary, D/A, P Medicinal, companion plant, predator insect habitat, d/A,
Wormwoods	<i>Artemisia spp</i>	brewing aid, insecticidal Medicinal, insecticidal, companion plant, brewing aid

Groundcover Oregano Creeping thyme partridgeberry^	<i>Origanum vulgare</i> <i>Thymus vulgaris</i> <i>Mitchella repens</i>	culinary, medicinal culinary, medicinal Edible berry, medicinal, native
Bearberry^	<i>Arctostaphylo uva-ursi</i>	Edible berry, medicinal, Native
Violet**	<i>Viola labradorica</i>	Edible leaf and flower, vit. C, native
Ginseng Alpine strawberry Wintergreen^ Sweet woodruff Canada ginger Goldenseal Goldenthread/cancerroot Trout lilly Wild garlic** ss Ramps	<i>Panax ginseng</i> <i>Fragaria vesca</i> <i>Gaultheria procumbens</i> <i>Galium odoratum</i> <i>Asarum canadense</i> <i>Hydrastis canadensis)</i> <i>Coptis trifolia</i> <i>Erythronium americanum</i> <i>Allium canadense</i> <i>Allium tricoccum</i>	Medicinal, native Edible berry, medicinal Medicinal, culinary, native Nectary, perfume Medicinal, culinary Medicinal, native Medicinal, native Edible, native, nectary culinary, medicinal edible tuber and leaf, native

Vines		
Maypop/passionflower/ Passionfruit** *	<i>Passiflora incarnata</i>	Ornamental, fruit, nectary, medicinal
Vetch (N) (Co) (K)	<i>Vicia americana</i>	Ornamental, nectary, N2, forage
Hops **	<i>Humulus lupulus</i>	Medicinal, culinary
Grapes**	<i>Vitis vinifera</i>	Edible, medicinal
Groundnut (N)	<i>Apios americana</i>	Edible tuber, nitrogen,
Hog peanut (N)	<i>Amphicarpaea bracteata</i>	Native, edible tuber, nitrogen
Hardy kiwi **	<i>Actinidia arguta</i>	Fruit, invasive
Silver vine	<i>Actinidia polygama</i>	Annual, pp, fruit
Scarlet runner, beans and Peas (N)	<i>Phaseolus coccineus</i>	
squash, zucchini, cucumbers and melons	<i>Curcubita spp</i>	Annual, fruit, living mulch Annual, fruit, living mulch edible tuber, ornamental
Cinnamon yam	<i>Dioscorea opposita</i>	Marginal, edible tuber, annual in our zone
Fairy potato	<i>Pseudostellaria jamesiana</i>	Edible tuber

Roots and fungi		
Potato	<i>Solanum tuberosum</i>	edible tuber, P
Shiitake	<i>Lentinula edodes</i>	Edible. medicinal
Oyster mushroom	<i>Pleurotus ostreatus</i>	edible
Salsify	<i>Tragopogon porrifolius</i>	Culinary herb, no-till ally, Bi
Black salsify	<i>Scorzonera hispanica</i>	Edible root
Burdock	<i>Arctium lappa</i>	Edible root, tea, medicinal, no-till ally, Bi
Chagga (M)	<i>Inonotus obliquus</i>	Medicinal, tea
Turkey tail(M)	<i>Trametes versicolor</i>	Medicinal
Maitake/hen of the woods	<i>Grifola frondosa</i>	Edible
lions mane/chicken of the woods,	<i>Laetiporus spp.</i>	Edible, Medicinal
Milk cap	<i>Lactarius deliciosus</i>	Edible
Autumn cep	<i>Boletus edulis</i>	Edible

Water tolerant or aquatic		
Alder** (N)	<i>Alnus spp.</i>	Lumber, erosion control, dyestuff biomass, fuel, medicinal, lowers water table, firewood
Arrowroot/katniss/wapato	<i>Sagittaria cuneata</i>	Starchy tubers, fish habitat
Black birch	<i>Betula nigra</i>	Erosion control, habitat
Bulrush	<i>Typha latifolia</i>	Edible sprouts, flowers, tubers and pollen, paper, fibre, basketry. can

Calamus root Cottongrass	<i>Eriophorum angustifolium</i>	accumulate Arsenic Edible, fibres for stuffing or paper
Cranberry^ Crowberry^	<i>Vaccinium</i> <i>Empetrum nigrum</i>	Berry, dyestuff, medicinal, ornamental
Devil's bit (I) Dogwood (Ca)**	<i>Succisa pratensis</i> <i>Cornus sericea</i>	Medicinal, nectary Native, lowers water table, basket material, biomass, coppice firewood, medicinal,
Duckweed	<i>Lemnoideae spp.</i>	A component of aquaponics systems as fish food, bioremediator of nitrates, fish fry habitat, mosquito control, lowers evaporation
Evening primrose	<i>Oenothera biennis</i>	Nectary, oilseed crop, Medicinal, edible tuber, seeds, oilseed crop, medicinal
Fox berry^ Lotus Marsh marigold	<i>Vaccinium vitis-idaea</i> <i>Nelumbo lutea</i> <i>Caltha palustris</i>	Edible tubers Medicinal, nectary, edible, when cooked, dyestuff, alleopathic
Red maple	<i>Acer rubra</i>	Lumber, coppice, syrup
Rose^	<i>Rosaceae spp.</i>	Native, edible fruit, Medicinal, nectary
Tamarack^	<i>Larix laricina</i>	Medicinal, native, ornamental, medicinal, fencepost lumber
Vervain	<i>Verbena spp</i>	Ornamental, nectary, medicinal
Watercress (K) (Na) (F) (S) (Mg) (Ca) (Fe) Willow**^	<i>Nasturtium officinale</i> <i>Salix spp.</i>	Edible, Vit A, C, folate, medicinal Native, firewood, basketry, medicinal, erosion control, reduces water level, biomass
Wild rice Water chestnut*	<i>Zizania aquatica</i> <i>Eleocharis dulcis</i>	Edible, gluten free Edible Edible tuber
Water celery	<i>Vallisneria americana</i>	Aquaponics, edible