

## Perennial Forage System Plants

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### Insectary Plants:

**Umbellifers, Apiaceae:** Parsley, Carrots, Parsnips, Celery, Celeriac, Florence Fennel, gotu kola, lovage, angelica, chervil, skirrit, queen annes lace, wild carrot, Amni viaga; produce large amounts of nectar for short periods of time, produce lots of seeds

**Composites, Asteraceae:** Artichoke, lettuce, endive, salsify, chicory, edible chrysanthemum, cardoon, sunflower, dandelion, Jerusalem artichoke, yarrow, Artemisia, elecampagne, feverfew, costmary, tansy, marigolds, zinnias, thistles, asters, calendula, african trailing daisies, gazanias; flower heads mature over a longer time, lengthening the flow of nectar

### Groundcovers

Ajuga  
Bleeding Heart  
Candytuft  
Chervil  
Corn Salad (Mache)  
Forget-Me-Not  
Lady's Mantle  
Lungwort  
Monkeyflower  
Oregano  
Rhubarb  
Self-Heal  
Strawberries  
Thyme  
Yarrow

Alyssum  
Blue Star Creeper  
Chameleon Plant (Hoytunnia)  
Clovers  
Earth Chestnut  
Hens & Chicks  
Lamb's Ears  
Marjoram  
Nasturtium  
Oxalis  
Salad Burnet  
Squash  
Sweet Grass  
Violet

Bee Balm  
Campanula  
Chamomile  
Copper Carpet  
Emerald Carpet  
Johnny Jump-Ups  
Lemon Balm  
Mints  
Oca  
Pennyroyal  
Sedums  
Speedwell  
Sweet Woodruff  
Wild Blackberry

### Aromatic Plants:

Anise Hyssop  
Catmint  
Garlic  
Mints  
Pennyroyal  
Thyme

Artemesias  
Catnip  
Lavender  
Mugwort  
Rosemary

Bee Balm  
Clary Sage  
Lemon Balm  
Onions  
Rue

Calamint  
Curry Plant  
Marjoram  
Oregano  
Sage

## **Mushrooms for Garden Cultivation:**

Blewitt (*Lepista nuda*)  
Elm Oyster (*Hypsizygos ulmarius*)  
King Stropharia, Garden Giant (*Stropharia rugoso-annulata*)  
Morel (*Morchella angusticeps*)  
Oyster Mushroom  
Shaggy Mane (*Coprinus comatus*)

## **Dynamic Accumulators: See Handout**

Handout from: Designing and Maintaining Your Edible Landscape Naturally, By Robert Kourik

## **Some Perennial/Exotic Edibles:**

### **Leaves/Shoots**

Asparagus  
Cardoon  
Chervil  
Chameleon Plant (*Hoytunnia* spp.)  
Daylily  
Good King Henry  
Lovage  
Mache  
Native Yellow Monkeyflower  
Salad Burnet  
Sorrel  
Violet

### **Other**

Egyptian Walking Onions  
Radish seed pods  
Ramps

### **Tubers**

Earth Chestnut  
Jerusalem Artichoke (Sunchoke)  
Mashua  
Oca  
Rhubarb  
Yacon

### **Berries**

Aronia  
Autumn Olive  
Cherry Prinsepia  
Emerald Carpet  
Gooseberry  
Jostaberry  
Rosehips

## **Eat More Flowers!!!!**

For more information on edible flowers check out  
[www.herbnwisdom.com/pages/edible\\_flowers/meet.html](http://www.herbnwisdom.com/pages/edible_flowers/meet.html)

Further Resources:

Designing and Maintaining Your Edible Landscape Naturally, By Robert Kourik

Gaia's Garden by Toby Hemenway

Mycellium Running: How Mushrooms Can Help Save the World by Paul Stamets

Permaculture: A Designer's Manual by Bill Mollison

Plants for a Future by Ken Fern, also website: <http://www.pfaf.org/>

You Can Have Your Permaculture and Eat It Too by Robin Clayfield