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Edible Landscaping: Blending beauty and bounty

- Thoughtful incorporation of food-producing plants in an ornamental setting.
- Loving edible plants for their looks!
- Looking at food-producing plants in a new way.

WHY EDIBLE LANDSCAPING?

- It's fun!
- Incorporates the best of both ornamental and edible plants
- Try new textures, colors, and forms
- Know your food source
- Expand food horizons, eat healthier
- Inter-planting may help reduce pests, encourage beneficial insects
- To make the most of your garden space
- Grow the plants you love most in one place and spend more time at home, get exercise

DESIGN CONSIDERATIONS

The five considerations of sustainable landscape design

1. Functional - *What will you do in the landscape?*
2. Maintainable - *How / Who will maintain the landscape?*
3. Environmentally sound - *How can you minimize your impact.*
4. Cost effective - *How much can you spend now? Future?*
5. Visually appealing - *What do you like to see in a landscape?*

OTHER CONSIDERATIONS: TIME + EFFORT + SCALE + STYLE

- Tuck in a few plants here and there
- Plant a few small annual beds, containers
- Establish large areas for annual plantings
- A fully integrated edible landscape

PLANT SELECTION

- **GREENS:** Easy to start from seed. Grow quickly, beds or containers. Early spring & late fall color. Harvest all season. Huge variety in color, texture. Loved by rabbits (and others). Start seeds indoors. Protect greens especially seedlings, transplants
 - **Lettuce (*Lactuca sativa*):** High in vitamins A, K. Many varieties – color, texture, form. Does well in cool weather, re-seed in fall for late season crop.
 - **Kale (*Brassica oleracea*):** Very high in potassium, vitamins A, C. Provides vitamin B-6, iron, calcium, magnesium. Low calorie - 33 cal/cup. Variety of colors, textures. Performs well into fall. Few pests.
 - **Mustard greens ():** High in vitamins A, C. Provide calcium, potassium, fiber, folate. High in antioxidants. Detoxifier. Anti-inflammatory. Help decrease cholesterol.
 - **Asian greens (*Brassica rapa* varieties):** Easy to grow, cool weather greens. Few pests. “Cut-&-come-again”. Spicy, aromatic. Some, like bok choy require longer growing season.

- **HERBS:** Most are easy to start from seed. Some are perennial in MN. Season-long harvest, containers. Adaptable to various conditions. Huge variety in color, texture. Attract beneficial insects.
 - **Parsley (*Petroselinum*):** Biennial. Filler, good for borders, containers. May deter some pests.
 - **Thyme (*Thymus*):** Groundcover, border, containers. Many varieties/colors – some ornamental, some culinary. Annual, tender perennial cultivars. Attracts pollinators.
 - **Lavender (*Lavandula*):** Containers, borders. Fragrant. Some varieties perennial in MN with winter protection and water till freeze. Attracts bees, butterflies.
 - **Chives (*Allium*):** Onion and garlic. Perennial/self-seed. Can start from sets (bulbs). Attract pollinators. Vertical form for garden.
 - **Mint (*Mentha*):** Containers, mass planting. Variety of colors, fragrances flavors, scents. Aggressive. Attracts beneficial insects. Deter some pests.
 - **Oregano (*Origanum*):** Ground cover, border, containers. Culinary & ornamental varieties. Weed, pest suppression. Perennial with winter protection. Attracts bees, butterflies.
 - **Basil (*Ocimum*):** Wide range of colors, flavors, forms. Nice planted near tomatoes. Tender annual. Pinch tips to delay flowering. Attracts pollinators.
 - **Sage (*Salvia*):** Most hardy: garden sage. Easy to grow, semi-wood. Attracts pollinators. Borders, masses, containers. Variety of color, variegation, forms. Culinary, ornamental, fragrance.

VERTICAL ELEMENTS: SOME PLANTS REQUIRE SUPPORT - USE THIS TO YOUR ADVANTAGE

- Tomatoes
- Vine crops
- Asparagus
- Beans
- Malabar spinach
- Mammoth dill

TREES & SHRUBS

- **Pear: (*Pyrus*):** White spring flowers. Late summer yellow fruit. Requires a second cultivar as pollinator. Cultivars: 'Summercrisp', 'Parker', 'Patten'.
- **Apricot (*Prunus*):** Light orange fruit; sweet; slightly acidic. Hangs on tree until ripe. Good eating, sauces and jam. Requires second cultivar as pollinator. Good for pollinators. Flower buds may be damaged by late frost. Cultivars: 'Moongold', 'Sungold', 'Scout'.
- **Cherry (*Prunus*):** Tart cherry. Good for canning, sauce, pies. White flowers in spring. Large; bright red fruit in summer. Self-fertile. Cultivars: 'Northstar', 'Mesabi', 'Meteor'. Shrub: Nanking cherry (*P. tomentosa*)
- **Dwarf apple (*Malus*):** White/pink spring flowers. Fall fruit. Grafted to dwarf rootstock. Size aids maintenance. Fruit should be protected from apple maggot, codling moth. Requires a second cultivar as pollinator – could be a crabapple nearby. Cultivars: 'Honeycrisp', 'Haralred', 'Zestar!', 'Chestnut crab'.
- **Blueberry (*Vaccinium*):** Need acidic soil. Great for containers, fall color. Few pest problems (SWD). Several U of MN cultivars: 'Northsky', 'Northblue', 'Chippewa'. New in 2014: 'Pink Popcorn[®]'
- **Currant & gooseberry (*Ribes*):** Easy to grow in beds, containers. Prune annually (gooseberry). Prickly. Some pest issues (mildew). Cultivars: 'Pixwell' gooseberry; 'Red Lake', 'Ben Como', 'Ben Chaska' currants.
- **Raspberry (*Rubus*):** Spread aggressively. Prune annually. Some pest issues (SWD, mildew, cane borer). 'Latham' – U of MN cultivar (1920), 'Caroline', 'Red Wing'. Worth the effort!
- **Grapes (*Vitis*):** Drought tolerant once established. U of MN cultivars (juice, jelly): 'Beta', 'King of the North', 'Bluebell'. Great on arbor, fence (living). Some pest issues (mildew, gray mold, animals, SWD)

EDIBLE LANDSCAPE FAVORITES

- **Tomatoes (*Solanum*):**
 - Determinate or indeterminate?
 - Determinate: Determinate tomatoes stop growing when fruit sets on terminal bud. Fruits ripens at the same time (2 wks) and plant dies. Limited staking needed.
 - Indeterminate: Fruit till frost. Process of bloom, setting fruit, and ripening goes on simultaneously throughout season. Sturdy staking required.
 - Varieties bred for containers: 'Tumbling Tom', 'Sweet n' Neat', 'Sweet Zen' hybrid, 'Patio Princess'
 - Pinch and prune for form and fruiting
 - Prune lower suckers to prevent leaves from touching soil, improve air circulation.
 - Some recommendations say not to prune side branches of a determinate tomato as you want as much fruiting as possible.
 - Flowers & herbs can hide ugly plant base
 - Support: Baskets. Walls. Straw bales. Ceilings.
- **Peppers (*Capsicum*):** Amazing colors. Deep, glossy leaves. Many need staking. Great for containers. Interplant with ornamentals. Endless variety.
- **Squash & Cucumbers (*Cucurbita*):** Bush-types for smaller spaces. Fun with trellising. Bush-types for containers. Squash flowers are edible. May look ragged near end of season.
- **Eggplant (*Solanum*):** Well-structured. Self-supporting. Silvery foliage, purple flowers. Great for containers. Cool fruit. Varieties: 'Calliope', 'Hansel', 'Gretel', 'Ghostbuster', 'Rosa bianca'.
- **Strawberry (*Fragaria*):** Ground cover, containers, border. Perennial (check hardiness zone). Fall color. Attracts bees. Many varieties: 'Mesabi', 'Honeoye', 'Ogallala', 'Cavandish', alpine strawberries

EDIBLE FLOWERS: Add variety and interest to edible landscape. Annuals; some self-seed and appear perennial. Use to garnish foods. Attract pollinators and other beneficial insects.

- Bachelor button (*Centaurea cyanus*)
- Pot marigold (*Calendula*)
- Signet marigold (*Tagetes tenuifolia*)
- Borage (*Borago*)
- Nasturtium (*Tropaeolum*)
- Pansy, Johnny-jump-up (*Viola*)

ORNAMENTAL FLOWERS

- Attract pollinators and other beneficial insects
- Add color and variety
- Incorporate plants that provide pollinator nutrition and season-long bloom
- *Zinnia*, *Cosmos*, alyssum (*Lobularia*), yarrow (*Achillea*), *Sedum*, *Salvia*, marigold (*Tagetes*), sunflowers (*Helianthus*), *Rudbeckia*, coneflower (*Echinacea*), roses (*Rosa*), asters (*Symphotrichum*, *Aster*), butterfly weed (*Asclepias*)

SHADE TOLERANT EDIBLES

- **Greens:** Grow more slowly. Less vivid color.
- **Woodland fruits:** Alpine strawberry, Currant, Raspberry

KEEP YOUR EDIBLE LANDSCAPE LOOKING GREAT

- Practice good sanitation, best practices in cultural control
- Select disease resistant varieties
- Use products labeled for edibles
- Weed control = pest control
 - Eliminate perennial weeds before planting
 - Plant densely, but not TOO densely
 - Mulch to retain moisture, reduce soil-borne pathogens, moderate temps
- “What’s wrong with my plat?” diagnostic tool
<http://www.extension.umn.edu/garden/diagnose/plant/>

RESOURCES: BOOKS

- *The Edible Landscape* by Emily Tepe
- *Edible Landscaping* by Rosalind Creasy
- *Edible Gardening for the Midwest* by Colleen Vanderlinden & Alison Beck

RESOURCES: WEBSITES

- Blog: Artichokes & Zinnias, <http://www.artichokesandzinnias.com/> by Emily Tepe
- Plant Elements of Design plant selection program <http://landscapeplants.extension.umn.edu/>
- Rosalind Creasy Edible Landscaping: <http://www.rosalindcreasy.com/>
- “Asian Greens”, UC Master Gardener Program – Sonoma County.
http://ucanr.edu/sites/scmg/The_Kitchen_Garden/Feature_Vegetables/Asian_Greens/
- U of M Extension Yard & Garden <http://www.extension.umn.edu/garden/yard-garden/>
- Minnesota Hardy <http://www.maes.umn.edu/publications/mn-hardy>
- Minnesota Grown <http://minnesotagrown.com/>
- “How we can eat our landscapes” TED Talk by Pam Warhurst, cofounder of Incredible Edible, Todmorden, England.
https://www.ted.com/talks/pam_warhurst_how_we_can_eat_our_landscapes?language=en
- TED Talks: 11 Talks on the Transformative Power of Vegetables <http://blog.ted.com/10-talks-on-the-transformative-power-of-vegetables/>
- Edible design & planting ideas: <http://www.houzz.com/edible-landscape>
- “Edible Landscaping” UCNR Master Gardener presentation.
<http://ucanr.edu/sites/sacmg/files/163567.pdf>

QUESTIONS OR COMMENTS?

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