Maintenance and Harvesting
On the Edible Trail at the MARC
This guide was created by Emma Sonder
December 2016

Additional Questions?
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</tr>
</thead>
<tbody>
<tr>
<td>Allium giant</td>
<td>Allium giganteum</td>
<td>&quot;Sea&quot; node</td>
<td>Edible flowers</td>
<td>no</td>
<td>not yet</td>
<td>limited quantities, please don't harvest</td>
</tr>
<tr>
<td>Anise hyssop</td>
<td>Agastache foeniculum</td>
<td>&quot;Small&quot; node, south side of path</td>
<td>Edible leaves and flowers (fresh or dried herb, fresh or dried tea)</td>
<td>yes</td>
<td>Summer 2016</td>
<td>July to October</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Asparagus officinalis</td>
<td>&quot;Touch&quot; node, along path</td>
<td>Edible (young shoots)</td>
<td>yes</td>
<td>Summer 2016</td>
<td>May (after 2011/12 season for bed)</td>
</tr>
<tr>
<td>Bee balm/Valerian</td>
<td>Monarda</td>
<td>&quot;Sea&quot; node</td>
<td>Edible leaves and flowers (dried tea); Medicinal topically: poutica, compress, sahe</td>
<td>yes</td>
<td>Summer 2016</td>
<td>July to October</td>
</tr>
<tr>
<td>Blanket flower</td>
<td>Gaillardia</td>
<td>&quot;Sea&quot; node</td>
<td>Edible seeds (seed帮助企业)</td>
<td>yes</td>
<td>Summer 2016</td>
<td>limited quantities, please don't harvest</td>
</tr>
<tr>
<td>Borago</td>
<td>Borago officinalis</td>
<td>along the path North of the circle</td>
<td>Edible leaves and flowers (fresh tea), Medicinal topically: poutica, compress, sahe</td>
<td>no</td>
<td>Summer 2016</td>
<td>early to late summer</td>
</tr>
<tr>
<td>Chamomile</td>
<td>Chamomile nobilis</td>
<td>&quot;Small&quot; node, &quot;touch&quot; node, along path</td>
<td>Edible flowers (fresh or dried tea)</td>
<td>no</td>
<td>Summer 2016</td>
<td>July to September</td>
</tr>
<tr>
<td>Chives</td>
<td>Allium schoenoprasum</td>
<td>along path, around trees</td>
<td>Edible leaves, flowers</td>
<td>no</td>
<td>Summer 2016</td>
<td>June to October</td>
</tr>
<tr>
<td>Chives, garlic</td>
<td>Allium tuberosum</td>
<td>along path, under trees, &quot;Small&quot; node, S. entrance</td>
<td>Edible leaves, flowers</td>
<td>no</td>
<td>Summer 2016</td>
<td>June to October</td>
</tr>
<tr>
<td>Creeping thyme</td>
<td>Thymus serpyllum</td>
<td>Bordering &quot;Small&quot; and &quot;Sea&quot; nodes, shady area, E</td>
<td>Edible leaves, not as good as culinary thyme</td>
<td>no</td>
<td>Summer 2016</td>
<td>June to November</td>
</tr>
<tr>
<td>Comfrey</td>
<td>Symphytum</td>
<td>near south entrance</td>
<td>Edible (young leaves and buds) (tea); Medicinal topically: poutica, compress, sahe</td>
<td>no</td>
<td>Summer 2016</td>
<td>early to late summer</td>
</tr>
<tr>
<td>Dill</td>
<td>Anethum graveolens</td>
<td>near south entrance</td>
<td>Edible leaves, flowers, seeds</td>
<td>no</td>
<td>Summer 2016</td>
<td>mid to late summer</td>
</tr>
<tr>
<td>Daucus</td>
<td>Nardus</td>
<td>Under trees, NOT EDIBLE</td>
<td>no</td>
<td>not yet</td>
<td>do not harvest</td>
<td></td>
</tr>
<tr>
<td>Echinacea</td>
<td>Echinacea purpurea</td>
<td>&quot;Sea&quot; node</td>
<td>Medicinal roots and flowers (dried tea, tincture)</td>
<td>yes</td>
<td>Summer 2016</td>
<td>June to October</td>
</tr>
<tr>
<td>Feathertop</td>
<td>Foeniculum vulgare</td>
<td>&quot;Touch&quot; node, along path</td>
<td>Whole plant edible (Fresh bulbs, shoots, leaves)</td>
<td>no</td>
<td>Summer 2016</td>
<td>mid summer to fall, do not harvest bulbs</td>
</tr>
<tr>
<td>Forget me not</td>
<td>Myosotis</td>
<td>&quot;Sea&quot; node</td>
<td>Edible flowers CAUTION: contain alkaloids, Leaves stop bleeding (applied externally)</td>
<td>yes</td>
<td>Summer 2016</td>
<td>spring/early summer</td>
</tr>
<tr>
<td>Creeping Chamomile</td>
<td>Ruta graveolens</td>
<td>along path</td>
<td>Edible fruits</td>
<td>no</td>
<td>Summer 2016</td>
<td>early summer</td>
</tr>
<tr>
<td>Lamb's ears</td>
<td>Stachys byzantina</td>
<td>touch node</td>
<td>Medicinal leaves (poulite)</td>
<td>yes</td>
<td>Summer 2016</td>
<td>intended for decoration, please don't harvest</td>
</tr>
<tr>
<td>Lavender</td>
<td>Lavandula</td>
<td>fragrance node, south entrance, northern portion of path</td>
<td>Edible flowers and leaves (tea)</td>
<td>no</td>
<td>Summer 2016</td>
<td>July to October when flowers buds are about to open</td>
</tr>
<tr>
<td>Liliaceae</td>
<td>Melissa officinalis</td>
<td>shady area, under trees</td>
<td>Edible leaves (tea)</td>
<td>no</td>
<td>Summer 2016</td>
<td>June to October</td>
</tr>
<tr>
<td>Maltese cross</td>
<td>Lythosil chalcedonica</td>
<td>&quot;Touch&quot; node</td>
<td>NOT EDIBLE</td>
<td>no</td>
<td>Summer 2016</td>
<td>do not harvest</td>
</tr>
<tr>
<td>Milkweed, swamp</td>
<td>Asclepias incarnata</td>
<td>swampy section on S. side</td>
<td>Edible shoots and buds</td>
<td>yes</td>
<td>Summer 2016</td>
<td>limited quantities, please don't harvest</td>
</tr>
<tr>
<td>Peppermint</td>
<td>Mentha x piperita</td>
<td>under trees, &quot;Smell&quot; node, shady area</td>
<td>Edible Leaves (raw, tea)</td>
<td>yes</td>
<td>Summer 2016</td>
<td>spring to fall</td>
</tr>
<tr>
<td>Spearmint</td>
<td>Mentha x spicata</td>
<td>shady area, under trees</td>
<td>Edible Leaves (raw, tea)</td>
<td>yes</td>
<td>Summer 2016</td>
<td>spring to fall</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>Rheum rhubarb</td>
<td>along path by fire hydrant and circle</td>
<td>Edible stems, Poisonous leaves</td>
<td>no</td>
<td>Summer 2016</td>
<td>Early June</td>
</tr>
<tr>
<td>Sage</td>
<td>Salvia officinalis</td>
<td>along path, &quot;Small&quot; node, S. entrance</td>
<td>Edible leaves and flowers</td>
<td>no</td>
<td>Summer 2016</td>
<td>July to October</td>
</tr>
<tr>
<td>Salad burnet</td>
<td>Sanguisorba minor</td>
<td>along path, around blueberry bushes</td>
<td>Edible leaves</td>
<td>no</td>
<td>Summer 2016</td>
<td>early to late summer</td>
</tr>
<tr>
<td>Shasta daisy</td>
<td>Leucanthemum x superbum</td>
<td>&quot;Sea&quot; node</td>
<td>Edible flower petals</td>
<td>yes</td>
<td>Summer 2016</td>
<td>limited quantities, please don't harvest</td>
</tr>
<tr>
<td>Sorrel, common</td>
<td>Rumex acetosa</td>
<td>along path, under trees</td>
<td>Edible leaves, eat raw, young leaves are best</td>
<td>no</td>
<td>Summer 2016</td>
<td>best in late spring/early summer when leaves are young</td>
</tr>
<tr>
<td>Sorrel, red-veined</td>
<td>Rumex patientia</td>
<td>along path, under trees</td>
<td>Edible leaves, eat raw, young leaves are best</td>
<td>no</td>
<td>Summer 2016</td>
<td>best in late spring/early summer when leaves are young</td>
</tr>
<tr>
<td>Sorrel Wood</td>
<td>Oxalis</td>
<td>dispersed throughout</td>
<td>Edible leaves, eat raw</td>
<td>yes</td>
<td>it planted itself</td>
<td>spring to fall</td>
</tr>
<tr>
<td>Strawberry</td>
<td>Fragaria x ananassa</td>
<td>along path</td>
<td>Edible fruits</td>
<td>yes</td>
<td>Summer 2016</td>
<td>late May to June</td>
</tr>
<tr>
<td>Sweet woodruff</td>
<td>Gagea odoratum</td>
<td>shady area</td>
<td>Edible leaves and flowers</td>
<td>yes</td>
<td>Summer 2016</td>
<td>limited quantities, please don't harvest</td>
</tr>
<tr>
<td>Tulip</td>
<td>Tulipa</td>
<td>scattered around trees and entrance area</td>
<td>NOT EDIBLE</td>
<td>no</td>
<td>not yet</td>
<td>do not harvest</td>
</tr>
<tr>
<td>Common Name</td>
<td>Botanical Name</td>
<td>Number/symbol on Map</td>
<td>What's Edible?</td>
<td>Native?</td>
<td>Plant Date</td>
<td>When to Harvest</td>
</tr>
<tr>
<td>---------------------</td>
<td>----------------------</td>
<td>----------------------</td>
<td>----------------</td>
<td>---------</td>
<td>------------</td>
<td>--------------------------</td>
</tr>
<tr>
<td>Cortland Apple</td>
<td>Malus domestica</td>
<td>3 Circle</td>
<td>Edible Fruits</td>
<td>no</td>
<td>Summer 2018</td>
<td>September and October</td>
</tr>
<tr>
<td>Winesap Apple</td>
<td>Malus domestica</td>
<td>5 Circle</td>
<td>Edible Fruits</td>
<td>no</td>
<td>Summer 2018</td>
<td>September and October</td>
</tr>
<tr>
<td>Blackgold Sweet Cherry</td>
<td>Prunus avium</td>
<td>1 Circle</td>
<td>Edible Fruits</td>
<td>no</td>
<td>Summer 2018</td>
<td>June</td>
</tr>
<tr>
<td>Paw Paw</td>
<td>Asimina triloba</td>
<td>5 Circle</td>
<td>Edible Fruits</td>
<td>yes</td>
<td>Summer 2018</td>
<td>September</td>
</tr>
<tr>
<td>Sackel Pear</td>
<td>Pyrus communis</td>
<td>7 Circle</td>
<td>Edible Fruits</td>
<td>no</td>
<td>Summer 2018</td>
<td>August to September</td>
</tr>
<tr>
<td>Moonglow Pear</td>
<td>Pyrus communis</td>
<td>9 Circle</td>
<td>Edible Fruits</td>
<td>no</td>
<td>Summer 2018</td>
<td>August to September</td>
</tr>
<tr>
<td>Brooks Dwarf Plum</td>
<td>Prunus domestica</td>
<td>2 Circle</td>
<td>Edible Fruits</td>
<td>no</td>
<td>Summer 2018</td>
<td>Late July</td>
</tr>
<tr>
<td>Weeping Mulberry</td>
<td>Monos alba</td>
<td>4 Circle</td>
<td>Edible Fruits</td>
<td>no</td>
<td>Summer 2018</td>
<td>Late Spring</td>
</tr>
<tr>
<td>Blueberry</td>
<td>Cyanococcus</td>
<td>blue hexagons</td>
<td>Edible Fruits</td>
<td>yes</td>
<td>Summer 2018</td>
<td>June to August depending on variety</td>
</tr>
<tr>
<td>Bush Cherry</td>
<td>Prunus lansium</td>
<td>None planted yet</td>
<td>Edible Fruits</td>
<td>no</td>
<td>not yet</td>
<td>depends on variety</td>
</tr>
<tr>
<td>Currant, Black</td>
<td>Ribes nigrum</td>
<td>red stars</td>
<td>Edible Fruits, astringent but good for cooking or drying</td>
<td>yes</td>
<td>Summer 2018</td>
<td>June</td>
</tr>
<tr>
<td>Currant, Red</td>
<td>Ribes rubrum</td>
<td>red stars</td>
<td>Edible Fruits, astringent but good for cooking or drying</td>
<td>yes</td>
<td>Summer 2018</td>
<td>June</td>
</tr>
<tr>
<td>Currant, Pink</td>
<td>Ribes rubrum</td>
<td>red stars</td>
<td>Edible Fruits, astringent but good for cooking or drying</td>
<td>yes</td>
<td>not yet</td>
<td>June</td>
</tr>
<tr>
<td>Elderberry (John's)</td>
<td>Sambucus canadensis</td>
<td>black stars</td>
<td>Edible flowers &amp; blue/purple berries (red berries of similar plant are poisonous)</td>
<td>yes</td>
<td>Summer 2018</td>
<td>Late August/Early September</td>
</tr>
<tr>
<td>Gooseberry</td>
<td>Ribes uva-crispa</td>
<td>red stars</td>
<td>Edible Fruits</td>
<td>yes</td>
<td>Summer 2018</td>
<td>June/July</td>
</tr>
<tr>
<td>Grapes</td>
<td>Vitis</td>
<td>Not on map</td>
<td>Edible Fruits</td>
<td>no</td>
<td>not yet</td>
<td>August/September</td>
</tr>
</tbody>
</table>
About the Edible Trail

The Edible Trail is a project of the Community Wellness Initiative, in partnership with the Meadville Area Recreation Complex and Allegheny College. Designed, built, and planted by community members and faculty, staff and students at Allegheny College, the Trail is an interactive, walkable garden linking the Meadville Area Middle School with the outdoor garden classroom at the MARC Community Garden. An extension of the community garden and outdoor classroom project, this path is intended to provide students with access to edible plants as they walk to the garden. It is also a resource for the community, used in workshops as part of the community garden. Anyone can use the trail and its plants.

A winding gravel path weaves through a garden consisting of various layers: an arrangement of fruit trees, berry bushes, flowers, vegetables, fruits, and herbs. Designed with some “food forest” principles in mind, the majority (but not all) of the plants is edible and/or medicinal perennials that are intended to support each other, as well as humans and wildlife. Interactive sensory “nodes” made up of plants with strong smells, interesting textures, or striking visual qualities line the trail, as well as a musical instrument and biodegradable cob bench. Informational signage is intended to help users get the most out of their experience with the space. Harvesting and other interaction is encouraged!
General Maintenance Information

Maintenance by Season

This section includes general maintenance information for the Edible Trail, organized by season. It is meant to provide a broad picture of what needs to be done seasonally. For more information about specific plants and procedures, please refer to other sections.

Winter

During this season, plants are dormant.
There is very little that needs to happen in the winter. There are two main things to take note of: (1) DO NOT APPLY SALT to surrounding area (sidewalk, road, path) if possible, and (2) Pruning: late winter/early spring is the ideal time to prune trees and shrubs (see pruning information under “maintenance by task”).

Spring

In the spring, plants will come out of dormancy. Trees will flower, bulbs will shoot up, and herbaceous perennials will start to grow again!

Prune trees and shrubs in early spring (February-March). See pruning information in “Pruning” section under “Maintenance by task”.

Apply compost if desired, and then add a light layer of mulch to discourage weeds and retain moisture. If no compost is being applied, mulch only needs to be added to cover areas of bare soil where old mulch has decomposed or been shifted to expose soil.

Weeding should be done regularly while desired plants are small and do not yet shade out weeds. Once those plants have grown tall enough to shade out weeds it will be needed less frequently, but is still important. It is also important to ensure that more aggressive plants don’t overtake less aggressive ones. Peppermint may need to be cut back repeatedly throughout one growing season, or even dug up in places, and borage seedlings will need to be regularly pulled, or thinned.

If the addition of new plants is desired, new seeds/seedlings should be planted according to variety: Many native seeds need a stratification period (a period of cold followed by warm temperatures), while most non-native species should be transplanted after danger of frost has passed (average frost-free date is May 29th in Meadville).
Bulbs like daffodils, crocuses, and tulips are the first to bloom and then die. After blooms begin to die, stalks can be removed.

**Summer**

*In the summer, trees and shrubs will grow leaves and fruit, and flowers will grow and bloom! The Edible Trail will be full of life!*

To encourage blooming, many flowering plants should be deadheaded after first bloom, and cut back. If there is a long period of dry weather, the trail should be watered, preferably in late evening or early morning to minimize evaporation and stress for the plants.

Trees should be caged, especially when young, to prevent browsing by deer. In mid-summer, Japanese beetles will attack trees. Beetle traps can be set up in attempt to prevent this, and beetles can be picked off and crushed or drowned. Some kids enjoy doing this task, while others do not—middle schoolers may be one of the better anti-beetle systems. Some trees can be pruned back in late summer/early fall after they’ve finished fruiting.

Summer is also a time for harvesting! Leaves and flowers from many plants can be eaten and used in various ways. Foliage is generally most tender in spring and early summer, growing tougher and bitterer throughout the season. Strawberries will be the first fruits to ripen, followed by Blueberries and various fruit trees and bushes.

**Fall**

*In the fall, plants reach maturity, fruit, and die or go into dormancy.*

In the fall, there is an opportunity for pruning trees after they’ve finished bearing fruit (late summer/early fall). More information on this can be found in the section on pruning under “maintenance by task”.

Plants will reach peak maturity and then start to die back. Some, but not all herbaceous plants can have their dead plant material cut down and removed for the winter. DEAD FOLIAGE DOES NOT HAVE TO BE REMOVED FOR THE PLANT’S HEALTH, and can be left for winter interest (decoration) or ease. Some, however, may look very unkempt and should be cut down. If you choose to do this, it should happen in late fall, when plants are yellowed and foliage is dead—not too early, as the plants need time to transport their sugars into their roots/bulbs/tubers. Ideally in early November, some herbaceous perennials can be cut down, and mulched around
(ex: fennel). This can be done with pruners for plants that need to be cut to certain heights and woodier-stemmed plants. Again, some plants should not be cut down, so avoid these.

After dead or dying plant material has been removed/mowed down for the season, the area should be mulched to help keep plants insulated throughout the winter. There is an abundance of leaf litter provided by nearby trees which is ideal. Mulch should be applied lightly, not packed, and in different quantities for different plants. Some plants should not have mulch applied directly above/around the base, as it could encourage rot. This applies especially to trees and shrubs, but also to some less woody perennials (ex: creeping thyme). Ideally, leaves should be “chewed up” with a leaf-sucker or mowed before being applied as mulch.

Fall is the ideal time to plant most bulbs, so if you’re looking to add more Spring color to the trail, October-November is when you should act. Dig a small hole 6-9 inches deep depending on the type of bulb, and plant the bulb in, pointy side up, with a little compost above and below it.
Maintenance by Task

Pruning Trees

This section covers corrective pruning and pruning for health for various dwarf and semi-dwarf fruit trees. It is important to understand which type of tree is being pruned. The distinction between Pome fruits (apples, pears, etc.) and Stone fruits (plums, cherries, etc.) is especially important.

Corrective Pruning Terminology:

➢ **Leader**: “strong central trunk within the tree that supports all future branch development”.

➢ **Scaffold branches**: branches growing out from the leader.

➢ **Heading cut**: cut made to shorten a limb or shoot. This results in a denser canopy, and reduces light to lower branches.

➢ **Thinning cut**: cut removing a shoot back to its origin on another branch/leader.

Basic Corrective Pruning:

➢ Always sterilize blade before and after pruning each individual tree to prevent transfer of disease.

➢ Do not remove leaders of newly transplanted trees.

➢ Prune young trees (<10 years old) less aggressively, and older trees more aggressively for maximum production.

➢ Corrective pruning should be done beginning in the second year, during the dormant season for the fruit tree (late winter).

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➢ To make a **thinning cut**, trim branches you wish to remove at the point where they attach to a leader or side branch.²

➢ Remove upright growing lateral branches competing with leader. Select main scaffold branches growing at a wider angle to the trunk as these are stronger.³

➢ These main lateral branches should be 8-24” apart and have and alternating position.²

➢ One limb should not be growing over another.²

➢ If lateral branches are growing faster than the trunk, reduce their length using a **heading cut**.²

➢ **Pome fruits** (apples and pears) should be pruned to a **central leader**.¹

➢ **Stone fruits** (plums and cherries) should be pruned to an **open center**.¹

For an extensive guide to pruning to a central leader or open center, see the following PSU Extension guides (Click if viewing digital version):

➢ Central leader
➢ Open center

**Pruning for health:**

➢ Remove any branches which are touching/scraping.²

➢ Eliminate dead, diseased, or dying wood.²

➢ Always sterilize blade before and after pruning each tree!

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² Penn State Extension. (N.d.). Pruning. In *the Master Gardener*.
² Penn State Extension. (N.d.). Pruning. In *the Master Gardener*.
Pruning Shrubs

*This section covers basic pruning of various shrubs. For more detailed instructions on specific shrubs (currants, blueberries, etc.), see the plant list section for shrubs.*

➢ As with trees, sterilize blade between plants.
➢ Always remove branches by cutting branch where it meets another bud or stem.⁴
➢ Thin out branches to allow for light, air circulation, etc.⁴
➢ Remove older less productive branches.⁴
➢ Remove branches that are touching.⁴

### Mulching⁵

Mulch helps to retain moisture, prevent weeds, prevent soil compaction, and insulate plants during winter. Materials like wood chips, shredded bark, a straw, and leaves can be used as mulch. These can be applied in early spring to prevent weeds, and late fall to insulate. Always leave space around the trunks of trees and shrubs where you do not mulch (~1ft). Mulch is generally helpful, but can also create a good habitat for pests.

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⁴ Penn State Extension. (N.d.). Small Fruit. In *the Master Gardener.*
**Deadheading**

Many of the flowers on the trail benefit from deadheading. After the bloom is spent, pluck off the dead blossom. This encourages more blooms/foliage growth. Plants can also be pruned back for similar results. More specific information on this for individual plants is available in the individual plant sections.

**Weeding**

*Weeding: an essential and often despised task!*

Weeding should be done from early spring to late fall; whenever there are weeds growing. It’s important to start early in spring, so that weeds do not overwhelm desired plants. Once the desired plants increase in size, they will shade out weeds, and the trail will need to be weeded less often.

Because of the wide variety of plants growing in the Edible Trail area, it is important to know what plants we WANT, and what plants are WEEDS. If working with students or groups of volunteers, be sure to help identify plants, and supervise what is and isn’t being pulled. Kids can be great at weeding, but can also be sloppy, pulling out only above ground portions. To have the maximum effect, pull the weeds from the base of the stem, and try to get as many roots as possible. Try to disturb mulch as little as possible. Weeds can be put into the compost bins at the community garden.
Harvesting Information

Sustainable Harvesting Guidelines

<table>
<thead>
<tr>
<th>Only harvest plants you know:</th>
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<tbody>
<tr>
<td>Not every plant is edible</td>
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<tr>
<td>Not all parts of “edible” plants are edible</td>
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<table>
<thead>
<tr>
<th>Only take what you know you will use:</th>
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<td>Avoid waste!</td>
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<tr>
<th>Harvest only 1/10th:</th>
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<tr>
<td>Take no more than 1/10th of any plants to maintain the population and leave some for others</td>
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<table>
<thead>
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<th>Give a little if you take some:</th>
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<tr>
<td>Consider helping to maintain the area if you harvest from it</td>
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</table>

How to Harvest
Harvesting strategies vary depending on what you’re harvesting, and for what purpose, but there are some basic things to know. In the first year, perennials should only be harvested lightly, to allow for root formation. Generally, the best time to harvest (especially leaves and flowers) is in the morning after dew evaporates. It’s a good practice to sterilize any pruners or harvesting knives between plants to prevent the spread of disease. It’s also important to make sure you know what plant you are harvesting, and which parts of it are edible. Do not harvest anything unless you’re sure you have identified it correctly!

Leaves
Leaves are harvested using different techniques depending on the plant. To harvest leaves from mint family plants, cut the stalk just above a pair of leaves to encourage new growth. Individual leaves can be pulled/pinched/cut off of plants like sorrel and comfrey. If harvesting leaves to be dried for tea, cut stalks with enough room to hang and dry.

Plants with edible leaves include: (eaten fresh) borage, mint, sorrel, salad burnet, fennel, dill, chives, garlic chives, thyme, etc.; (used in tea) mint, bee balm, anise hyssop, fennel, lemon balm.

Flowers
Flowers can be harvested by cutting/plucking the flower head away from the stalk. Cut the stalk back to the first pair of leaves.
Plants with edible flowers include: (eaten fresh) alliums (onion family), borage, chamomile, forget me not, shasta daisy, woodruff, elderberry; (used in tea) Anise hyssop, lavender, bee balm (Monarda), chamomile, etc.

Seeds
Generally, seeds should be collected after plants have flowered and the flowers have died. More specific information can be found in the herbaceous perennial section. Seed heads/mature flowers can be dried on a rack or by hanging, and then shaken into a bag to collect seeds.

Plants with edible seeds include: dill, fennel, blanket flower.

Fruits
The methods for harvesting fruits vary by fruit type. It is important to wait until the fruit is ripe—when the starches have been converted to sugars.  

Plants with edible fruits include: strawberries, creeping bramble, blueberries, currants, gooseberries, elderberries, apples, plums, cherries, paw paws, mulberries, and pears.

Tubers
To harvest tubers, dig beneath plant stalks with a turning fork. Allow extra space so as not to pierce tuber. Shake off/rub off dirt and make sure surface is dry for best storage.

Plants with edible tubers include: Jerusalem artichokes/sunchokes.

---

# Sample Recipes

Overview of uses for some plants on the Edible Trail:

<table>
<thead>
<tr>
<th>Plant</th>
<th>Salad</th>
<th>Cooked Green</th>
<th>Herb for flavor</th>
<th>Garnish</th>
<th>Pie/Crisp</th>
<th>Smoothie</th>
<th>Jam</th>
<th>Jelly</th>
<th>Tea</th>
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# Candied Borage Flowers

**Ingredients**
- 12 to 24 borage flowers (Or ANY sweet edible flower)
- 1 egg white at room temperature
- 1 cup organic cane sugar (white sugar can be used)
- Few drops of water
- Small craft paintbrush

**Instructions**
1. Combine egg white with water. Using a fork lightly beat until white just shows some bubbles.
2. Place sugar in a shallow dish.
3. Hold flower with one hand in with the other, dip a small paintbrush into the egg then gently paint the flower with the mixture. Gently sprinkle flower with sugar.
4. Place completed flowers on a wire rack covered with parchment paper to dry. Repeat with other flowers.
5. Allow to completely dry before using as a decorative topping to a cupcake, cake, etc. Depending on humidity this may be anywhere from 12-36 hours. Store crystallized flowers in an airtight container until required.

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**Chive Salad** (Mark Bittman)

*Ingredients*
- 2 tablespoons dark sesame oil
- ½ teaspoon hot red pepper flakes (to taste)
- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar (or other mild vinegar)
- ¼ teaspoon minced garlic
- 1 teaspoon sugar
- 8 ounces chives (2 large bunches)
- 4 cups tender lettuce (or mixed lettuces)
- 1 tablespoon toasted sesame seeds

*Instructions*
1. Make dressing by combining sesame oil, red pepper flakes, soy sauce, vinegar, garlic, sugar, and about 1 tablespoons water.
2. Wash and dry chives, then cut into 1-2 inch links; toss with the lettuce, then pour the dressing over all and toss again.
3. Garnish with sesame seeds and serve immediately.

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*Footnote*


**Currant Jam**

**Ingredients**

- 2 ¾ pounds fresh or frozen red currants, stemmed and rinsed if fresh, partially defrosted if frozen
- 3 ¾ cups sugar
- Juice of 1 lemon

**Instructions**

1. Place currants, sugar, and lemon juice in a large saucepan; stir to combine. Bring to a simmer over medium heat, 5 to 10 minutes. Transfer mixture to a large glass bowl; cover with a sheet of parchment paper, pressing down on the surface. Transfer to refrigerator; let chill overnight.

2. Place 3 clean 1/2-pint jars right side up on a rack in a boiling-water canner. Fill the canner and jars with hot water, about 1 inch above the tops of jars. Boil jars over high heat for 10 minutes. Remove and drain hot sterilized jars one at a time, reserving hot water for processing filled jars. Place jars on a wire rack set over a rimmed baking sheet.

3. Meanwhile, bring another medium pot filled with water to a boil over high heat and reduce to a simmer, then add clean lids and lid rings. Simmer lids for 10 minutes; do not boil, as this may cause problems in sealing jars. Drain lids and lid rings and set aside.

4. Pass currant mixture through a food mill fitted with a fine disk into a medium saucepan. Bring mixture to a boil over medium-high heat; let cook, stirring constantly, for 5 minutes, carefully skimming surface. Check set on a candy thermometer -- it should reach 220 degrees.

5. Fill jars with jam mixture up to the fill line. Put lids and rings on jars and tighten; do not overtighten. Reheat water in the canner until it reaches at least 180 degrees, within 10 minutes of filling the jars. Place filled jars into the canner one at a time, using a jar lifter that is securely positioned below the neck of the jar. Keep jars upright at all times.

6. Add more boiling water, if needed, so that water covers jars by at least 1 inch. Increase heat to high and cover. Once water begins boiling, heat jars for 10 minutes. Turn off heat and gently transfer jars to a wire rack set over a rimmed baking sheet, taking care not to tilt jars and spacing jars at least 1 inch apart. Avoid placing jars on a cold surface or near a cold draft.

7. Let jars sit undisturbed until fully cooled, 12 to 24 hours. Do not tighten ring bands on the lids or push down on the center of the flat metal lids until jars have cooled completely.

8. Once jars have cooled completely, test to make sure each jar is completely sealed. Press down on the middle of the lid with a finger. If lid springs up when finger is released, the jar is unsealed. Store sealed jars in a cool place for at least 2 and up to 4 weeks to allow flavors to thoroughly combine. If any of the jars are unsealed, store in the refrigerator and use within several days. Always refrigerate jam after opening.

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Elderflower Lemonade

**Ingredients**

*For the simple syrup*

➢ ½ cup water
➢ ½ cup honey (use agave nectar to make vegan)
➢ Flowers from 5-6 elderflower bunches
➢ Juice from half a lemon

*For the lemonade*

➢ 10 lemons, juiced (+2 sliced for garnish)
➢ 2 liters of water OR 2 liter bottle of sparkling seltzer water
➢ Honey, for sweetening

**Instructions**

1. *To make the syrup:* Bring the water, honey, elderflowers, and lemon juice to a boil in a small saucer. Once boiling and the honey has dissolved, remove from heat, cover, and let cool. Once cooled, place in a sealed container and refrigerate overnight. Strain and discard the elderflowers (or save them for garnish).

2. *To make the lemonade:* Juice the lemons whatever method you would like and cut the garnish lemons into thin slices. In a large pitcher, stick the fresh lemon slices, lemon juice, water, and simple syrup. Adjust flavoring to your likening by adding more honey or agave syrup.

3. Serve chilled over ice.

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Elderflower Pancakes

Ingredients
➢ 4 to 6 clusters elderflowers per person
➢ Pancake batter
➢ 1 teaspoon or more light-flavored vegetable oil

Instructions
1. Be sure elder flowers are fresh and white, not brown. Rinse and clean them, discarding any discolored blossoms, woody stems or leaves. Wrap flowers in a towel to absorb excess water while you prepare a pancake batter.

2. Make your favorite pancake batter. [I use one from Irma Rombauer’s Joy of Cooking (The Bobbs-Merril Company, 1985).]

3. Heat a teaspoon of oil in a large frying pan. (Follow the cooking directions for your batter; some recipes require low cooking temperatures, others are higher.) Test a drop or two of batter in the oil to make sure the pan is hot enough; the batter should sizzle when it hits the oil.

4. Holding an elderflower cluster by its main stem, dip it into batter then place it in the frying pan. Don’t crowd the pan—pancakes should not touch their neighbors! Fry until bottom is golden brown (lift gently with a spatula to check). Flip and fry until second side is golden.

5. Drain cakes on paper towels. To make additional batches, add a bit more oil to the pan; keep cooked cakes warm in an oven until ready to serve. Serve with syrup or elderberry jelly.

Fennel Pesto

**Ingredients**
- 1 cup fennel fronds
- ½ cup pine nuts
- 2 garlic cloves
- ½ teaspoon sea salt
- ¼ cup extra virgin olive oil
- ½ cup grated Parmesan (optional)

**Instructions**
1. Blend until smooth

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Gooseberry Pie

Ingredients
- 3 cups fresh gooseberries
- 2 cups white sugar
- 3 tablespoons quick-cooking tapioca
- ½ teaspoon salt
- 1 recipe pastry for a 9 inch double crust pie
- 2 tablespoons milk
- 1 ½ tablespoons white sugar

Instructions
1. Preheat oven to 400 degrees F (200 degrees C). Place a baking sheet on a lower oven rack.
2. Stem and rinse berries.
3. Crush ½ cup berries in the bottom of a saucepan. Combine sugar, tapioca, and salt; mix with crushed berries. Cook and stir until mixture boils. Cook for 2 more minutes. Remove from heat, and add in remaining whole berries.
4. Pour fruit filling into pastry. Adjust top crust; cut slits to allow steam to escape. Brush top crust with milk and sugar.
5. Bake in preheated oven on baking sheet until crust is golden brown and filling is bubbly, about 35 minutes.*

Calendula-Comfrey Salve\textsuperscript{14}

**Ingredients**
- 1 cup of organic, cold pressed olive oil
- 1 ounce total of dried herb - in this case ½ ounce of calendula and ½ ounce of comfrey
- ½ ounce of grated beeswax
- 3 vitamin E capsules (of at least 400 units) this is your preservative
- Cheesecloth to strain herbs
- Add dried lavender for scent if desired

**Instructions**
1. Place your herbs into an oven safe dish (no aluminum please!) and pour the olive oil in. Stir and bake in the oven at the lowest possible temperature (200 degrees or less) and bake for 3 hours. This is called an herb-infused oil.
2. After 3 hours allow the mix to cool slightly but strain through the cheesecloth while it's still warm. Make sure to squeeze out all the oil you can.
3. Now put your mixture in a pot on the stove (a double boiler would be great) and very GENTLY heat the oil mix back up. DON'T BURN IT!
4. Puncture and add your vitamin E capsules (or about 1/2 teaspoon if using liquid E) and then add your beeswax. Stir until it's completely melted and blended.
5. Remove from heat and let cool just a minute or two then pour into a wide mouth jar or several small jars. As it cools the mixture will become semi-solid and the perfect salve consistency!

Pan-Fried Jerusalem Artichokes with Sage Butter

Ingredients

➢ 3 tablespoons butter, divided
➢ 2 tablespoons olive oil
➢ 1 pound Jerusalem artichokes, scrubbed, cut crosswise into ¼-inch-thick rounds
➢ 3 tablespoons coarsely torn fresh sage leaves, divided
➢ 2 teaspoons fresh lemon juice
➢ 2 tablespoons chopped fresh Italian parsley

Instructions

1. Melt 1 tablespoon butter with olive oil in large nonstick skillet over medium-high heat.
2. Add Jerusalem artichokes and half of sage. Sprinkle with salt and pepper.
3. Sauté until brown and just beginning to soften, turning frequently, about 10 minutes.
4. Using slotted spoon, transfer Jerusalem artichokes to shallow serving bowl.
5. Add remaining 2 tablespoons butter and sage to skillet; fry until sage darkens and begins to crisp, about 30 seconds.
6. Add lemon juice; simmer 1 minute.
7. Pour lemon-sage butter over Jerusalem artichokes in bowl, tossing to coat.
8. Season with salt and pepper. Sprinkle with parsley.

Mixed Herb Salad¹⁶ (La Salade de Plusieurs Herbes)
Adapted from a 16th century French translation of a book originally written in Latin in 1474

Ingredients, To serve 6
➢ 2 heads lettuce
➢ 1 handful young, tender borage leaves
➢ 1 handful chopped fresh mint leaves
➢ 1 handful fresh lemon-balm leaves
➢ 1 handful tender fennel shoots and flowers
➢ 1 handful fresh chervil leaves
➢ 2 tablespoons chopped fresh parsley
➢ 1 tablespoon oregano or marjoram flowers and leaves
➢ Salt to taste
➢ ⅓ cup olive oil
➢ 2 tablespoons wine vinegar

Instructions
1. Wash the lettuce and herbs well, dry them and place them in a large dish.
2. Sprinkle with salt; add the oil and finally the vinegar.
3. Let the salad stand a while before serving.
4. Eat the salad heartily, crunching and chewing well.

Paw Paw Pudding

Ingredients
➢ ½ cup/1 stick/113 grams butter, melted and slightly cooled, plus more for baking dish
➢ 2 cups/400 grams sugar
➢ 1 ½ cups/190 grams all-purpose flour
➢ 1 teaspoon baking powder
➢ ¼ teaspoon salt
➢ ½ teaspoon ground cinnamon
➢ ¼ teaspoon ground ginger
➢ ¼ teaspoon ground nutmeg
➢ 3 large eggs
➢ 2 cups /1 pound/454 grams pawpaw pulp, thawed if frozen (see note)
➢ 1 ½ cups/355 milliliters whole milk
➢ 1 teaspoon pure vanilla extract
➢ Lightly sweetened whipped cream, for serving

Instructions
2. In a large bowl, whisk together sugar, flour, baking powder, salt, cinnamon, ginger and nutmeg.
3. In another large bowl, whisk together eggs and pawpaw pulp until smooth. Whisk in milk and vanilla. Whisk in melted butter. Pour into sugar mixture and stir only until combined.
4. Pour batter into prepared dish. Bake 50 minutes or until just set in the center. Cool to room temperature on a wire rack before cutting. Serve with a dollop of whipped cream.

Roasted Asparagus

Ingredients
➢ 1 bunch thin asparagus spears, trimmed
➢ 3 tablespoons olive oil
➢ 1 ½ tablespoons grated Parmesan cheese (optional)
➢ 1 clove garlic, minced (optional)
➢ 1 teaspoon sea salt
➢ ½ teaspoon ground black pepper
➢ 1 tablespoon lemon juice (optional)

Instructions
1. Preheat an oven to 425 degrees F (220 degrees C).
2. Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, and then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.
3. Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

Sleepy Tea

Ingredients
➤ 1 tablespoon dried lemon balm
➤ 2 teaspoons dried peppermint
➤ 1 teaspoon fennel seeds
➤ 1 teaspoon dried rose petals (omit if unavailable)
➤ 1 teaspoon dried lavender flowers
➤ 2 slices dried licorice root (omit if unavailable)
➤ honey, (as needed)
➤ heavy cream or milk (as needed)

Instructions
1. Place a kettle of filtered water onto the stove and bring to a boil.
2. While the water comes to a boil, place herbs and spices into a mortar and crush with a pestle until roughly combined. Transfer to a teapot, pour boiling water over the herbs and steep for three to five minutes.
3. Strain and serve with honey and cream, as you like it.

Sorrel Pesto

Ingredients
➢ 2 fat garlic cloves
➢ ⅔ cup pumpkin seed kernels, pine nuts, or walnuts
➢ 20 sorrel leaves
➢ ⅓ cup extra-virgin olive oil
➢ ¼ teaspoon coarse salt
➢ ½ cup grated Parmigiano Reggiano cheese

Instructions
1. Place garlic in food processor; process until minced.
2. Add pumpkin seeds; process until ground.
3. Add sorrel; process.
4. Add olive oil and salt and process until creamy.
5. Stir in cheese.
6. Serve with pasta or on toast.

Sorrel Salad with Spinach and Pear

Ingredients

Salad:
- 1 pear, diced thinly
- A few handfuls of spinach
- A few handfuls of sorrel or arugula or plain lettuce
  (I just like a little variation)

Dressing:
- 1 teaspoon apple cider vinegar
- 1 teaspoon lemon juice
- 3 tablespoon olive oil
- salt & pepper to taste

Strawberry-Blueberry-Mint Fruit Salad

Ingredients
- strawberries, halved
- blueberries
- fresh mint, chopped
- 2 tablespoons sugar

Instructions
1. Wash fruit
2. Cut strawberries and mint
3. Mix, serve and eat

---

Strawberry Rhubarb Crumble

Ingredients
➢ 1 cup white sugar
➢ 3 tablespoons all-purpose flour
➢ 3 cups sliced fresh strawberries
➢ 3 cups diced rhubarb
➢ 1 ½ cups all-purpose flour
➢ 1 cup packed brown sugar
➢ 1 cup butter
➢ 1 cup rolled oats

Instructions
1. Preheat oven to 375 degrees F (190 degrees C).

2. In a large bowl, mix white sugar, 3 tablespoons flour, strawberries, and rhubarb. Place the mixture in a 9x13 inch baking dish.

3. Mix 1 ½ cups flour, brown sugar, butter, and oats until crumbly. You may want to use a pastry blender for this. Crumble on top of the rhubarb and strawberry mixture.

4. Bake 45 minutes in the preheated oven, or until crisp and lightly browned.

Propagation Information

*Learning how to propagate plants is a great way to increase and maintain populations of plants on the trail, or to bring some home and start them in your yard/garden!*

**Herbaceous plants from seeds**

Most of the plants on the trail which can be easily propagated from seeds have dry seeds (seeds not contained in fruits). Seeds-saving involves collecting, drying, and storing seeds. Seeds can be stripped out of dried seed pods, or entire plants/seed heads can be harvested, dried, threshed, and screened. It’s important to harvest mature seeds, which can be indicated by color, dryness, consistency of the inside of seeds, the sound made by seed pods (rattling), and ease of detachment. Once harvested and isolated, seeds should be dried, and stored in labeled containers in a dry, dark, temperature controlled (room temperature) location.²³

**Herbaceous plants from tubers/bulbs**

Tubers and bulbs can be dug up and replanted. Over a few years, they will multiply and need to be divided, which provides an opportunity to either consume the tubers/bulbs, or expand your crop.

**Shrubs from cuttings or via layering**

Some shrubs and vines can be propagated using cuttings and other clonal methods. On the Edible trail, this mainly applies to currants and gooseberries. There is lots of room for these shrubs between fruit trees and in empty sections of this garden, and ideally the plants we already have will be propagated. These plants also provide a great opportunity for gardeners to propagate them start growing these hardy fruits at home! There are an impressive number of ways to propagate currants and gooseberries, some being cuttings, tip layering, air layering, and simple layering.

  *Cuttings:*
  
  Currants (but not gooseberries) can be propagated using cuttings from one-year old wood, taken in late winter (the same time as you would prune them). Cuttings should be ~1 ft. in length. Dip cut end in rooting hormone, and pot it. Keep pot in shade for first year.²⁴


Tip layering:
Currants and Gooseberries can be propagated using tip layering. This is when the tip of a plant touches the ground and forms roots. To propagate currants or gooseberries using tip layering, dig a hole, several inches deep, near the plant you wish to propagate, and insert the tip of one of the current season's (new) shoot or cane, filling around it with soil. The tip will grow roots, and the branch can be cut off once root growth occurs.

Air Layering:
An advantage of air layering is that it can be done throughout the year, although it works best in early spring. Currants and gooseberries can be propagated using air layering, as can fruit trees. Using a pencil-sized shoot, measure 12-15” from the tip, remove leaves or twigs 3-4 inches from that point, and make parallel score cuts to create a 1-inch ring on the branch, removing the bark (should be bright green inside--this is the cambium layer). Dust the exposed area with rooting hormone, then wrap with damp peat moss and cover in plastic wrap. Secure ends of plastic with twist ties. Roots will form inside of the pouch and once they’re fully formed cut just below the root ball (using sterilized pruners), and plant.

Simple layering:
Simple layering can be done in the early spring when plants are still dormant or in the late summer. Bend a low growing, flexible stem to the ground, burying part of it but leaving 6-12” above the soil. Bend the tip into a vertical position and stake in place. Once roots have formed adequately the layer can be transplanted. This may take more than one season.

27 Schimmel, A. (2016)
# Maintenance and Harvesting by Plant

**Online links:** [Plant Information Spreadsheet](#), [Plant Map](#)

<table>
<thead>
<tr>
<th>Icon Key</th>
<th>Edible leaves</th>
<th>Edible fruit</th>
<th>Edible tubers</th>
<th>Edible flowers</th>
<th>Edible seeds</th>
<th>Edible shoots</th>
</tr>
</thead>
<tbody>
<tr>
<td>🌿</td>
<td>🍃</td>
<td>🎃</td>
<td>🌾</td>
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</tr>
<tr>
<td><strong>DO NOT EAT</strong>&lt;br&gt;Part/all of this plant is poisonous.</td>
<td>Fruit can be made into jam</td>
<td>Medicinal (this can include plants with medicinal properties when ingested or applied topically.)</td>
<td></td>
<td>Plant can be made into tea</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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Herbaceous Perennials

Giant Allium

Bulb which produces large purple allium flowers

Maintenance:
- Cut back flower stalks when completely dead and dried, remove dead foliage
- Mulch lightly in winter

Harvesting:
- Harvest bulbs after second year when they have grown and multiplied. They have a very strong onion taste.
- This plant is mainly decorative, there are not currently enough to harvest.
- Flowers are edible, taste like chive flowers

Anise Hyssop

Liquorice-scented herb in the mint family

Maintenance:
- Deadhead after flowers die by cutting down to next pair of leaves
- Leave stalks in winter for interest if desired (cutting down in spring after new growth starts) or cut dead stalks down in late fall/early winter.

Harvesting:
- Leaves used as tea: antibacterial, treat colds, coughs, poor digestion
- Harvest leaves from bottom of the stem and work up. Leave at least 40% of leaves per plant.
- “To harvest entire stalks for drying, cut them 2-3” from the ground and hang them upside down to dry.”
- Seeds (for planting, not eating): Remove dry/brown flower heads, dry them, and thresh/shake to remove seed.

---


**Asparagus**
*Tasty spear-shaped vegetable grown from rhizomes*

**Maintenance:**
- Mulch thickly with light mulch (straw or leaves).
- Cut down dead foliage in late fall after it turns yellow.
- Side dress with compost spring and early fall.

**Harvesting:**
- Do not harvest until third year.
- Harvest Early-Mid June when spears reach 6-8” in height. Cut or snap spears at base.

---

**Bee balm/Bergamot**
*Pollinator attractor with bright flowers*

**Maintenance:**
- Deadhead flowers.
- After frost, cut stems back to ~1 inch above soil if desired.
- Divide plants in spring in years when center of plant seems to be dying out.

**Harvesting:**
- Leaves and petals can be used as medicinal tea for colds.
- Harvest entire stalks by clipping the base of the stalk. Hang to dry, or spread leaves and petals on screen.
- Make tea from fresh or dried leaves.

---

32 N.A. (2005)
33 N.A. (2005)
Blanket Flower
Native perennial wildflower

Maintenance:
➢ Deadhead after bloom dies.
➢ Cut dead stalks down in late fall/early winter.

Harvesting:
➢ Do not harvest.

Borage
Self-seeding biennial with vibrant blue flowers

Maintenance:
➢ Borage aggressively seeds itself, and can get very large, so thin to 1-2 plants every 2’.
➢ Borage leaves can be used as mulch when they fall.
➢ Tall plants may need to be staked to keep them looking neat.  

Harvesting:
➢ Young leaves can be eaten in salads: pull leaves from base
➢ Flowers are edible, and can be plucked off and eaten raw, used as garnishes in salads, drinks, etc., or even frozen in ice cubes for decoration.

Chamomile
Low growing herb with scented yellow and white flowers

Maintenance:
➢ Deadhead spent flowers.
➢ Mulch around base to maintain moisture.
➢ Cut back after each flush of flowering to promote growth.
➢ In fall after plant starts to die, prune back to 2-3” from the ground if desired.

Harvesting:
➢ The flowers to make tea, or as garnishes.
➢ Harvest flowers in summer by plucking from stem. Flowers can be dried or used fresh.

---

Chives
*Onion flavored herb with small purple flowers*

**Maintenance:**
- Deadhead, remove flowers to prevent self-sowing if desired.
- Divide plants every 3-4 years by digging up the cluster of chives bulbs and gently pulling them into smaller clumps of 3+ bulbs.
- Mulch to maintain moisture.

**Harvesting:**
- Cut outer leaves at base of plant. Use fresh or frozen to add onion-y flavor to savory foods.
- Harvest flowers for garnish when purple.

Garlic Chives
*Garlic flavored herb with white flowers*

Maintenance and harvesting information is the same as chives (above). Flavor is stronger and more garlicky. Leaves are flatter and more grass-like.

Creeping Bramble
*Ground cover bramble with berries similar to raspberries*

**Maintenance:**
- Very light maintenance; control weeds around it and make sure it doesn’t become a weed to other plants, mulch around but not on top.

**Harvesting:**
- Edible berries, pick when ripe in early summer.

---

Creeping Thyme
Mint-family ground cover with tiny purple flowers

Maintenance:
➢ Do not mulch too close to plant.
➢ Pruning is not required for plant health, but prune away from other less productive plants (ex: lavender) if thyme starts to take over.

Harvesting:
➢ Edible, and can be used as an herb: not generally considered “culinary” thyme.

Comfrey
Dense leafy perennial with healing properties

Maintenance:
➢ Leaves can be used as mulch or added to compost
➢ Propagate using root cuttings started late fall or early spring (while dormant).

Harvesting:
Do not eat--comfrey is not edible, but can help relieve inflamed (bruised or swollen) tissues when applied externally. Soak injuries in a tea made from comfrey leaves, or apply boiled comfrey leaves as poultice.
➢ Leaves can be used to make tea for soaking injuries/sore muscles, boiled and applied directly to injuries, or crushed to make a poultice. Do not apply to open wounds.

---

**Daffodil**
*Cheerful flowering spring bulb*

**Maintenance:**
- Mulch lightly late fall
- Dig up and divide bulbs when dormant if they’ve multiplied
- Plant in late October before frost

**Harvesting:**
- Do not harvest. Not edible.

---

**Echinacea**
*Native “Purple Coneflower” with medicinal properties*

**Maintenance:**
- Deadhead
- Clip dead plants above base in late fall
- Mulch late fall

**Harvesting**:
- Flowers used in medicinal herbal tea to prevent/treat colds.
- Harvest in second season by clipping foliage just above the lowest pair of leaves (for foliage) or just above the topmost leaves (if harvesting flower buds)
- Dry flower buds and leaves for tea.

---

Fennel
Bulb-forming herb with licorice flavored seeds and leaves

Maintenance:
- Cut/stake tall stalks if looking unkempt
- Cut stalks down to bulb and mulch after plants start to die in late fall/early winter.
- It is possible we planted the wrong type of fennel/our fennel will not survive past the first season.
- In this case, replace planting with a hardier variety, or plant perennial herb fennel (Foeniculum vulgare) which should survive to zone 4.
- Fennel can reseed itself and become a weed. Be sure to weed around other plant clusters where you don’t want fennel to grow.

Harvesting:
- Harvest leaf fronds for tea by clipping where they connect to the stalk. These can be used fresh or dried, in moderation.
- Harvest anise-scented seeds after flowers start to die and seeds start to brown in late summer. Dry flower heads, and remove seeds by shaking them into a bag.

Forget-me-not
Small native plant with vibrant blue flowers

Maintenance:
- None required, except weeding; this plant will reseed itself aggressively, and it should be weeded away from where it is not desired. Weeded plants/plants that going to seed can be shaken over soil where you want new plants to grow.

Harvesting:
- Flowers are edible and can be used as garnishes. They contain alkaloids, so consume in moderation. Harvest by plucking flowers from plant.

---

Jerusalem Artichoke (Sunchoke)\textsuperscript{45}

*Tall flowering perennial with edible tubers.*

**Maintenance:**
- Cut down stalks to 3” above ground when they die in late fall/early winter.
- Mulch lightly
- Stalks will grow tall and start to fall over; stake/tie these back to keep garden near. A cage can be made for them from stakes and twine.

**Harvesting:**
- Harvest tubers with turning fork in late Fall into winter. Tubers should be peeled and boiled (even then, however, they may cause gas).

---

Lambs Ears\textsuperscript{46}

*Fuzzy-leaved decorative plant*

**Maintenance:**
- Divide dense growth to avoid rot (do this in spring, every 3-4 years)
- Cut back flowering stems after blooms (close to ground)
- Remove dead leaves

**Harvesting:**
- Do not harvest.

---


\textsuperscript{46} http://garden.org/learn/articles/view/3370/
**Lavender**

Fragrant herb in the mint family

**Maintenance**^47^:
- Deadhead after first bloom.
- Do not prune after late summer.
- Begin pruning again in spring after new growth appears.
- Plants will need to be replaced, likely within 10 years.

**Harvesting:**
- Harvest flowers just before the buds are open, or when about half of them are open, for maximum fragrance/oils.
- Cut just above a pair of leaves
- Flowers can be dried and used in infused oils, soaps, tea, baked goods, etc.

**Lemon balm^48^**

Citrusy herb in the mint family

**Maintenance:**
- Above ground portion will die off in winter.
- Prune back taller plants to encourage more bushy growth.

**Harvesting:**
- Harvest leaves by clipping above another leaf pair.

---


Maltese cross

*Perennial with bright red “Maltese Cross” shaped flowers*

**Maintenance:**
- Deadhead
- Clip dead plants above base in late fall
- Mulch late fall

**Harvesting:**
- Do not harvest.

Milkweed, Swamp

*Native plant, thrives in swampy areas*

**Maintenance:**
- Leave dead stalks in winter.
- Milkweed is essential for monarch butterfly reproduction!

**Harvesting**:
- Harvest shoots in late spring (when still under 15 cm)
- Harvest flowers heads and leaves in summer. Flower heads look like unopened broccoli flowers, and can be boiled or fried.
- Immature pods are edible, but only before they mature (mature pods will be full of silk).

Peppermint

*Fragrant herb in the mint family*

**Maintenance:**
- Cut back and/or dig up when it starts to take over other plants.
  Mint is very aggressive and hard to kill.

**Harvesting:**
- Clip above a pair of leaves.

---

**Spearmint**
*Fragrant herb in the mint family*

*Maintenance:*
- Cut back and/or dig up when it starts to take over other plants.
- Mint is very aggressive and hard to kill.

*Harvesting:*
- Clip above a pair of leaves.

---

**Rhubarb**
*Perennial herb with thick edible stems*

*Maintenance:*
- Mulch to prevent weeds, but do not cover crown with mulch (if covered, crown will rot)
- When leaves die in the fall remove them.

*Harvesting:*
- Stems are edible (best cooked) but LEAVES ARE POISONOUS.
- Do not harvest during the first year
- The second year you can harvest a few stems.
- After 3+ years up to ½ of stems can be harvested.
- Harvest in June
- To harvest, remove gently pull stalk out of the ground from the base.

---

Sage, Common
Fragrant and decorative herb popular for flavoring meats

Maintenance:
- Prune heavier woody stems every spring
- Replace old plants after 4-5 years with cuttings
- Take softwood cuttings in early summer. See propagation information section for information on softwood cuttings.

Harvesting:
- Harvest lightly during first year
- Cut stems above a pair of leaves. When plants are large, entire stems can be harvested, but leave a few stalks in place if you want the plant to survive.

Salad Burnet
Elegant cucumber-flavored/bitter edible plant

Maintenance:  
- Pinch off old leaves to encourage new, more tender growth.
- Water when dry in the summer.

Harvesting:
- Pinch off leaves at base to use as garnish or in salads. Leaves have a bitter, cucumber-y flavor.
Shasta Daisy
Classic cheerful perennial flower

Maintenance:\(^{53}\)
- Deadhead flowers.
- After frost, cut stems back to ~ 1 inch above soil if desired.
- Divide plants in spring in years when center of plant seems to be dying out.

Harvesting:
- Flower petals are edible, and can be pulled off and eaten.

\(^{53}\) http://garden.org/learn/articles/view/2044/
**Sorrel, (Common or Red-Veined)**

*Leafy lemony perennial herb*

**Maintenance:**
- This plant may or may not survive harsh winters.
- Divide when it becomes to overgrown.\(^5^4\)
- Sorrel can be easily started from seed. Purchase more seed and start sorrel if it does not survive.
- Mulch lightly, and keep moist. Prevent flower stalks from flowering by clipping them back/deadheading.

**Harvesting:**
- Leaves have a distinct lemony flavor, and can be used as a green or an herb.
- Harvest leaves when young and small. Older leaves will be tougher and less palatable.
- Young leaves are good in salad mix, add lettuce, arugula, spinach, or other greens.

---

**Sorrel, Wood**

*Native lemony plant that grew on the trail on its own*

**Maintenance:**
- No maintenance required
- Treat as “weed” and remove if taking over other plants

**Harvesting:**
- The whole plant is edible, with a lemony taste.

---

**Strawberry**

*Fruiting plant which puts out runners*

**Maintenance:**
- Weed around plants throughout the season.
- Keep only the first daughter of each runner.
- Cut off all the leaves after harvest with a scythe or lawn mower (set high enough not to hit the crowns!).
- Allow only two runners from each plant, arrange runners ~9 inches from the mother plant on either side.
- Apply winter mulch or straw or leaves.

**Harvesting:**
- Harvest in second year
- To harvest, pinch the stem behind the berry
- Pick berries when the whole berry is completely bright red.
- Don’t leave berry remnants on the plants—this encourages rot.
- Berries will are usually harvested for 2 to 3 weeks.

---

**Sweet Woodruff**

*Ground cover perennial with radial leaves*

**Maintenance:**
- Keep soil moist
- Divide plants in spring or fall
- Propagate via seed, cuttings, or division

---

Tulip
Cheerful Spring bulb

Maintenance:\n- Cut back after plants are finished flowering in spring
- Allow the leaves to die back naturally
- Replant bulbs as plants die every few years
- Plant in October, 4-6 inches apart, ~8 inches deep. Put some compost above and below bulb.

---

Shrubs

Blueberry

**Maintenance:**
- Add pine straw to make the soil more acidic.
- Prune at the end of the dormant season, in March.
- Thin canes to maximize light.
- Remove all fruit buds (not vegetative buds) in first year.
- Remove canes touching the ground and spindly weak canes.

---


**Bush Cherry**

*Maintenance:*
- Prune in late winter and summer after fruiting stops in the same way you would prune a blueberry (discussed in “Blueberry” and “Pruning” sections).
- Two plants are required for pollination of some varieties, and increase fruit production for others, so planting multiple is recommended.

*Harvesting*:
- Harvesting information varies by variety of bush cherry, and since this hasn’t been planted yet, it can’t be specified. Below are common varieties:
  - Nanking cherry: Small sweet and tart cherries, ripen early summer
  - Korean bush cherry: Medium sized sweeter cherries, ripen mid-summer
  - Fall-ripening bush cherry: Medium sized sweeter cherries, ripen in late August through September.

---

**Currant**

Maintenance for currants and gooseberries is similar, see next.

---

Gooseberry Maintenance

Pruning:
- Fruit is produced by wood that is one year old. 3-4 year old wood becomes less productive, and should be thinned.
- Black currants produce the best fruit 1 year old wood, so wood older than 3 years should be removed.
- Prune when currants are dormant in early spring (March/early April)
- Remove any canes that are touching the ground and or shading out the center of the plant.

Pruning currants in beginning years:

<table>
<thead>
<tr>
<th>Season #</th>
<th>Pruning down to x # of canes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Keep 6-8 canes</td>
</tr>
<tr>
<td>2</td>
<td>Keep 4-5 one-year-old canes and 3-4 two-year-old canes</td>
</tr>
<tr>
<td>3</td>
<td>Keep 3-4 canes each of one, two, and three year old wood</td>
</tr>
<tr>
<td>4+</td>
<td>Remove oldest canes to allow for new growth</td>
</tr>
</tbody>
</table>

Harvesting:
- Monitor color regularly and harvest when berries are brightest in color (black for black currants, red for red currants, green for gooseberries.
- If you are planning on using the berries for jam, harvest before they are fully ripe to ensure higher pectin levels.

Propagation:
- Propagation is discussed in the section on propagation earlier in this guide.

---

60 All maintenance information for currants is from:


Elderberries

Maintenance:
- Elderberries have sensitive and shallow roots which should not be disturbed. Other maintenance information is similar to other shrubs.

Pruning:
- Flowers and fruit develop at the tips of canes.
- “Second-year elderberry canes with good lateral development are the most fruitful.”
- After 3 or 4 years, older wood becomes weak.
- In late winter/early spring when plants are dormant remove dead, broken, or weak canes.
- Also remove all canes >3 years old.
- Leave an equal number of one, two, and three-year-old canes.

Harvesting:
- UNCOOKED BERRIES ARE INEDIBLE, cook to eat.
- Flowers can be harvested in early/mid-summer and are edible.
- Harvest fruit in late August through early September.
- Removed entire cluster strip berries off.
- Use berries as soon as possible or keep at cool temperature for later.

---

Fruit Trees

Apple

Maintenance:
➢ Cage tree to prevent browsing from deer.
➢ Weed around base of tree but do not disturb tree roots. This will require removing and replacing cages.
➢ Prune in late winter and late summer--see pruning section for Pome fruits in "Maintenance by Task" earlier in this guide
➢ Tree can be mulched to maintain moisture and prevent weed growth. Mulch under dripline of tree, but do not mulch within 1 ft of trunk.

Harvesting:
➢ Harvest in September and October by twisting and pulling the fruit. Try not to damage branches.

Cherry

Maintenance:
➢ Cage tree to prevent browsing from deer.
➢ Weed around base of tree but do not disturb tree roots. This will require removing and replacing cages.
➢ Prune in late winter and late summer--see pruning section for Stone fruits in “Maintenance by Task” earlier in this guide
➢ Tree can be mulched to maintain moisture and prevent weed growth. Mulch under dripline of tree, but do not mulch within 1 ft of trunk.

Harvesting:
➢ Harvest in June when berries are completely red and sweet. Cherries can be picked with or without the stem.

---

64 See “pruning stone fruits” in earlier section, “Maintenance by Task”
Paw Paw

Maintenance:
➢ Young Pawpaw trees need adequate soil moisture, especially in the first two years after planting, so water during dry times. Apply compost in the spring.

Pollination:
➢ Pawpaw trees are self-incompatible, usually requiring pollen from a genetically different tree in order to be fertilized. Hand pollination can help ensure fruiting.
“Using a small, flexible artist’s brush, transfer a quantity of fresh pollen from the anthers of the flower of one clone to the ripe stigma of the flower of another clone. Pollen is ripe when the little ball of anthers is brown in color, loose and friable; pollen grains appear as yellow dust on the brush hairs. The stigma is ripe when the tips of the pistils are green and glossy, and the anther ball is still hard and green. Do not overburden the tree with fruit, as this will stress the tree, resulting in smaller than normal fruit, and may cause limbs to break under excessive weight.”

Pruning:
➢ General corrective pruning encourages higher fruit production and greater health.
➢ Not much pruning is needed to shape the tree.

Harvesting:
➢ Fruit can begin to mature in early August (or later, depending on cultivar) and up to the first frost. Ripe paw paws smell fruity and floral, turn a lighter shade of green, and soften slightly.
➢ “For best storage and postharvest longevity, fruit should be harvested as the skin color begins the initial change even though flavor and sugar development may not be at a peak. As noted, fully ripe paw paws can be stored about a week in normal refrigeration (40° to 45°F). If the fruits were picked mature, but before fully ripe, they can be refrigerated for two to three weeks. Like a pear or peach, when removed from refrigeration, the fruit can be brought out to room temperature and allowed to ripen fully over a period of several days.
➢ For fresh eating, the best method of pulp extraction is to cut the fruit in half and use a spoon to scoop out the flesh. The seeds can be easily separated and removed. For cooking, the best recipes are those that require little or no heat. The flavor compounds are very volatile and heating will destroy the characteristic flavor. For flavoring ice cream, the fruit should be ripe and used fresh, chopped finely, and blended into vanilla ice cream.”

Cooking with Paw paws:
➢ Some recipes can be found at: https://hort.purdue.edu/newcrop/ksu-pawpaw/cooking.html

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**Pear**

*Maintenance:*  
- Cage tree to prevent browsing from deer.  
- Weed around base of tree but do not disturb tree roots. This will require removing and replacing cages.  
- Prune in late winter and late summer—see pruning section for Pome fruits in “Maintenance by Task” earlier in this guide  
- Tree can be mulched to maintain moisture and prevent weed growth. Mulch under dripline of tree, but do not mulch within 1 foot of trunk.

*Harvesting:*  
- Harvest in August and September, as you would an apple. Twist the fruit and pull off of the branch

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**Plum**

*Maintenance:*  
- Cage tree to prevent browsing from deer.  
- Weed around base of tree but do not disturb tree roots. This will require removing and replacing cages.  
- Prune in late winter and late summer—see pruning section for Stone fruits in “Maintenance by Task” earlier in this guide  
- Tree can be mulched to maintain moisture and prevent weed growth. Mulch under dripline of tree, but do not mulch within 1 foot of trunk.

*Harvesting:*  
- Harvest in Late July when fruits are purple (as shown in picture).

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67 See Pruning Pome Fruits in “Maintenance by Task” section
68 See “pruning stone fruits” in earlier section, “Maintenance by Task”
Weeping Mulberry

From Edible Landscaping, the company from which the trees were purchased:

Maintenance:
“The glossy leafed weeper as a young tree will shoot new growth from ground level and everywhere on up the young trunk. If left on its own, most of its growth will be running along the ground. When growth starts in the spring, select an uppermost bud and train it to grow up a stake to a height of @ 6’. Keep all other lower growth pinched back or completely off. This will encourage the plant to put its energies into getting taller. At 6’ the weeper can weep, and it will, all the way to the ground. As the weeper matures, new growth cascades from the top and the tree grows wider, creating a “fort” that one can crawl into and enjoy the unique privacy. People have ingeniously arbored weeping mulberries resulting in a room of weeping walls.”

“To keep the more vigorous trees at picking size we cut the summer growth in July back by half. Then the tree bushes out for the remainder of the growing season. Most of our trees are more round than upright and easier to pick. If the tree is crowding the space it's allotted, look for a root that's showing at ground level and root prune a 4” section and remove the piece of root. This method dwarfs the tree.”

Harvesting:
- After a few days of being black, berries will "dull" a little and be their sweetest.
- Rain plumps them up (too much rain makes them less sweet)
- Hot dry weather after a rain will sweeten them up.
- The sweetest fruit will sink in a bucket of water, unripe fruit will float.
- Pick by hand, or for large crop put a tarp beneath the tree and knock the trunk gently.
- Mulberries can be used in cobbler recipes, made into fruit leathers, quick frozen or dried.

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71 Edible Landscaping. (N.d.).
72 Edible Landscaping. (N.d.).
Appendix I: Links to Useful Resources

**Penn State Extension: Fruit Farming for the Home Gardener:**
Information of fruit production, and especially useful guides to pruning different trees and shrubs. It goes far more in depth than this guide.
http://extension.psu.edu/plants/gardening/fphg

**Philadelphia Orchard Project**
Resources on orchard care, curriculum, handouts, and recipes
https://www.phillyorchards.org/resources/

**Permaculture Wiki**
Permaculture teaching resources and other permaculture information
http://permaculturesource.wikispaces.com/home

Appendix II: Links to Relevant Lesson Plans

7) Design a food forest http://tweentribune.com/teacher/lessonplans/design-food-forest/
8) Designing the perfect plant http://www.weedcenter.org/education/docs/Science_Scope_Article[1].pdf