

Loping Coyote Farms

2021 Plant Catalog for our
11th Annual Spring Plant Sale

Saturday April 17, 2021

10 am - 2 pm

Location:

Too Soul Tea Company

542 ½ Plumas St.

Reno, NV 89509

Last year we cancelled the actual sale day due to the current COVID-19 pandemic. This year we will have a sale day, and we will follow all protocol for doing so in a safe and careful manner. The easiest way to do this will be to have a lot of preorders so that plants are already packed up and easy to hand over to you on the sale day. Thus, we encourage people to preorder their plants, which hopefully will be easy to do through the new online store! Check it out!

Order on our online store **now through April 4, 2021** to reserve your plants and we'll have them bundled and ready for you to pick up at the sale. Or just show up for the sale and shop onsite - there will still be unreserved plants to choose from, though some items from the catalog may already be sold out.

Expect most trees and many herbs to be bareroot and ready to go in the ground immediately, though with proper care they can also wait a week or more until you are ready to plant. There will be some potted plants as well.

Email or call for more information:

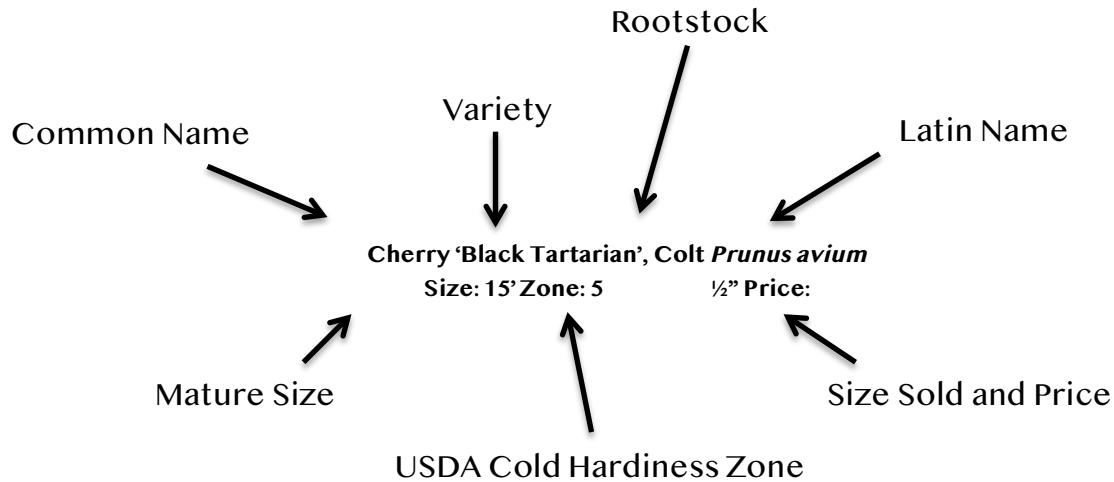
lopingcoyotefarms@gmail.com

Nathan Rosenbloom

775-686-0008

Visit our website to find our **Online Store**, our **Master Nursery List**, and more information about the design, consulting, garden/farm development and educational work we do:

Legend & Key



Description



Rated as one of the most flavorful sweet cherries, Black Tartarian bears great crops of very dark red, juicy, sweet fruit. A Black Tartarian tree that was planted in Eugene, Oregon in 1860 is still alive and thriving. It may be the oldest and largest Sweet Cherry tree in the US and has been honored as a Heritage Tree.

Type	Bareroot (by height)	Caliper Bareroot ¹	Potted ²
Size	6-12" (tall)	3/8"	1 gal = #1
	18-24"	1/2"	4" (square)
	1-2'	5/8"	3x5 (inches)
	2-3'	3/4"	
	Etc.		
	Root ³		

¹Trunk Diameter Size; Bareroot; Generally 3-4' tall

²We prefer Anderson Bands and d-pots from Stuewe and Sons (<https://www.stuewe.com/>) to encourage deep rooting

³Bareroot without top growth including: roots, tubers, rhizomes and herbacious root division

Forest Garden



A forest garden mimics the structure, function and diversity of native ecosystems. At Loping Coyote Farms Nursery we select plants to help you build forest gardens and other productive ecosystems. We offer plants to fill all the structural and functional plant roles needed for such a system.

That means we offer plants that can fill all seven layers of a forest garden, which are:

- 1) Root crops
- 2) Groundcover
- 3) Herbaceous understory
- 4) Shrubs
- 5) Small Trees
- 6) Overstory trees
- 7) Vines

Some of the ecological functions we prefer to include while establishing our production systems are:

- 1) Production: Food, Firewood, Timber, Medicine, Fodder
- 2) Fertility Support: Nitrogen Fixers, Dynamic Accumulators, Mulch-Biomass-Fast Carbon Pathways
- 3) General Support: Nurse Plants, Groundcovers, Succulents
- 4) Insectary: Pollinators and Predators
- 5) Rooting Diversity: Spike Roots, Fibrous Roots, Clumpers, Runners
- 6) Four Season Solar Panels: Evergreens, Warm Season, Cool Season
- 7) Wildlife/Habitat: Natives, Small Fruits and Seeds, Shelter

Contact us for consulting/design/contracting services if you would like help designing, installing, and maintaining your forest garden, native landscape, edible landscape, pollinator garden, backyard farm, or broadacre farm/ranch.

Find us online at our website: lopingcoyotefarms.com

Berries

Autumn Olive 'Ruby', *Eleagnus umbellata*

Size:10-12' **Zone:** 4 **3-4' Price:** \$24

This is one of our favorite multi-use small trees. Autumn Olive is a hardy, easy-to-grow nitrogen-fixing plant (one of the few N-fixers that we can grow here that isn't covered in thorns! Though the branches themselves are sharp enough to make up for it). It's a wide spreading shrub/small tree with silvery foliage, lots of fragrant yellow flowers, and small berries for eating fresh or for preserves. It's a beautiful ornamental, and also provides wildlife food and habitat, not to mention great berry grazing for yourself in the fall. In our opinion, the varieties are significantly better tasting than the standard landscape-grade seedlings. *Ruby* is prized for its heavy crops of very large, brilliant red berries, which ripen in September. The flowers and fruit are complemented by the narrow, dark green foliage, which is silvery underneath. The fruit is very tasty, both eaten fresh and made into juice. The fruits are sweet and astringent and soft seeded. They are a colorful addition to fall fruit salads or green garden salads. Autumn Olive is not bothered by pests or diseases and is self-fertile. Produces 2nd year after planting.

Blackberry, Thornless 'Chester'

Size: 6' **Zone:** 6 **1-2' Price:** \$15

Blackberry vines and bushes grow wild on every continent except Australia and Antarctica. They are widely adaptable and their growing range extends into extremely cold territories. These modern thornless varieties, however, are not nearly as cold hardy as some wild species. Luther Burbank did a lot of the work developing the thornless blackberries, as he wrote in his book, Fruit Improvement, in 1921. These thornless creations were at first inferior in taste and quality to the thorny species; however, modern hybridizers of thornless blackberry plants have come a long way and these varieties are pretty darn good now – and truly thornless. Besides being delicious, blackberries are rich in anti-oxidants and vitamins along with being a good source of potassium, phosphorus, iron, and calcium. Considered one of the more winter hardy and productive thornless varieties, *Chester* blackberry produces large, high-quality fruit that ripens in August. Fruit has good flavor when fully ripe, and does not soften or lose its shiny black color in hot weather. *Chester* plants are vigorous and show resistance to cane blight. If given a little extra water than most of the garden, *Chester* has been a prolific fruiter of big delicious berries here in Reno.

Currants

The English word 'currant' has been used for this fruit only since 1550, taken from the fruit's resemblance to the dried currants of Greece, which are raisins made from a small seedless grape. The much older English name *ribes* is of ancient Indo-European origin and is common to other languages. Currants like morning sun, afternoon part-shade and buoyant air circulation. They can be grown in the high shade of fruit trees as well as on the north side of buildings. With their fibrous, shallow roots, currants are ideal for drip irrigation. Keep the plants well watered until the fruit is harvested. At this point they stop active growth and the watering frequency can be reduced. Plants stressed for water are susceptible to mildew. Currants are not finicky about soil but, in keeping with their proclivity for cold, prefer heavier soils richer in clay. A thick mulch of some organic material also keeps the soil cool in summer while adding humus to the soil. Fully set strigs will be a pendulous chain of small berries. Black currants commonly ripen from the top down, encouraging birds to strip berries as they color. Modern red currant varieties have been selected for their ability to ripen all the berries on a strig at once. Berries of red, white and pink currants are translucent; black currants are matte brown-purple. White currants are an albino form of the red currant. They are more versatile but less colorful than the red. Both are fine for all culinary uses, but whites are of lower acidity, thus also suitable for fresh eating. The best sorts are nearly transparent. Black Currants have a characteristic aroma, highly esteemed by northern Europeans. Leaves also release the scent when rubbed. Fruits of the black currant are astringent, suitable only for culinary uses, not really for fresh eating. Black currant is native to northern Europe and north and central Asia. The first historical reference to this fruit was in the 17th century, when it became known more as a medicinal fruit than one useful for culinary purposes. It was discovered to have a soothing effect on sore throats, which is now attributed to its high vitamin C content. Black currant may be the most nutritious fruit of all. While most super-fruits are high in specific nutrients, black currant is exceptional in the full range of nutritional components. Data from the USDA shows that volume-for-volume in terms of minerals, compared to blueberry it has nine times the calcium, five times the iron, four times the magnesium, nearly five times the phosphorous and four times the potassium; in terms of vitamins, it has 18 times the vitamin C and four times as much vitamin A. Black currant also has more than twice the anthocyanin content (third only to elderberry and aronia) and twice the flavonoids of blueberry. A study at the University of Glasgow in 2010 found that black currants had a higher antioxidant capacity and anthocyanin content than blueberries, raspberries, cranberries and red currants.

Currant, Black 'Titania' *Ribes nigrum***Size: 6' Zone: 3 1-2' Price: \$10**

Titania is very mildew and rust resistant. The plant is vigorous, reaching heights of 6 feet. It matures quickly and yields heavily. Fruit is large with a mild (for a black currant) flavor. *Titania* is a good all-around cultivar. In mixed variety trials, it has shown the best blend of quality, flavor, sweetness and disease resistance. It seems to have as much resistance to spring frosts as any cultivar.

Gooseberries

Gooseberries are small to medium, round to oval berries that grow thickly on medium to large-sized thorny bushes. They have grown very well and have been among the most consistent fruits for us over the last 8 years in the Reno area, thus earning a spot as one of our favorite choices for local fruit production. They grow in the wild all over the temperate climates of Europe, North America, and Siberia, including right here in the Sierras. Botanically, they are a close relative of currants, and belong to the same family of *Grossulariaceae*, and the same genus, *Ribes*. Rich in antioxidant polyphenolics and vitamins, these berries come in different colors, flavors, and shapes. There are hundreds of varieties of gooseberries, which can range in color from yellow to red to pink to green to purple. Fresh gooseberries (and currants) begin to appear in European markets by June or July, but you're gonna have to grow them yourself around here (or go foraging in the mountains). Gooseberries have been consumed for centuries right off the vine or made into pies, jam or other desserts. Like most fruit, gooseberries are a good source of vitamin C. Another of the more notable benefits of gooseberries is their impressive fiber content. Gooseberries also contain a high concentration of vitamin A, and they also supply calcium, phosphorus, vitamin E, iron and magnesium.

Gooseberry 'Amish Red' *Ribes hirtellum***Size: 3' Zone: 3 1-2' Price: \$10**

A new large-fruited and flavorful variety with excellent disease resistance. The berries of this American variety are red and medium sized. The large bush is very productive and not susceptible to mildew. It has done notably great for us here in Reno.

Gooseberry 'Poorman' *Ribes uva-crispa***Size: 3' Zone: 3 1-2' Price: \$10**

Poorman gooseberry has berries sweeter than most gooseberries, green but turning pink when ripe. The fruit is large and highly flavored. It is dessert quality and can be eaten fresh, though it can also be used for pies and jams. It is a compact, mounding shrub and an old American variety that originated in Utah, the result of an American x European type cross (introduced in 1888).

Gooseberry 'Orus-8' *Ribes (goose x currant)***Size: 4' Zone: 3 1-2' Price: \$10**

Like the Jostaberry, this is a cross of a black currant and gooseberry. It's a wonderful cross from the Germplasm Repository for the genus *Ribes* at Corvallis, Oregon. The bush is very mildew and aphid resistant. It is a vigorous upright grower with leaves like a gooseberry, and some thorns. The fruit is round, medium size with a dark purple color and very good flavor. It can be eaten fresh or used to make jelly or wine.

Goumi 'Tillamook' *Eleagnus multiflora***Size: 6-8' Zone: 4 1-2' Price: \$19**

Native to the Russian Far East, China and Japan, Goumi is a very popular fruit in those regions and is now widely planted in many European and American gardens. Goumi forms a medium size shrub with attractive, silvery green foliage. Its white flowers bloom in mid-spring and are very fragrant and loved by bees. The juicy, scarlet-red fruit is speckled with silver and ripens in July. Aromatic with a flavor reminiscent of pie cherries, it is very good eaten fresh and also makes tasty preserves. As with other species in the genus *Eleagnus*, goumi plants are actinorhizal, growing in symbiosis with the actinobacterium *Frankia* in the soil. These bacteria fix atmospheric nitrogen, making it available in usable form for the host plant, and indirectly for other nearby plants. This feature allows the plant to grow in poorer soils than it could otherwise, and also makes it a great support species for other nearby species. Goumi likes full to half day sun, well drained soil and usually begins bearing the 2nd year after planting. It is pest and disease resistant, and partially self-fertile. *Tillamook* goumi is a wonderful variety that produces larger than average fruit.

Hawthorn, Black *Crataegus douglasii***Size: 10-20' Zone: 5 1-2' Price: \$12**

This species is a handsome ornamental with showy white flowers, glossy foliage, and odd, shiny black fruits. It is named for its "discoverer," David Douglas (1798-1834), the Scottish botanical explorer. Cattle and sheep, goats and deer browse the foliage; pheasants, partridges, quail, and many songbirds consume the berries. It is the most widespread western member of its genus. Black hawthorn is a thorny, much-branched shrub or small tree with a compact, rounded crown of stout, spreading branches. It often forms thickets. Twigs are reddish and bear thick, oval, toothed leaves. The fruits are edible and both the fruits and the flowers are commonly used as powerful medicines in tinctures and teas for strengthening the heart and circulating blood, among myriad other uses. The tree also provides excellent shelter for wildlife, and is an excellent plant for stabilizing soils and for stream bank erosion control.

Raspberry, Black 'Jewell' Summer *Rubus occidentalis***Size: 5' Zone: 5 1-2' Price: \$14**

This raspberry plant is vigorous, erect, consistently productive, resistant to anthracnose and widely adapted. The fruit ripens early and the ripening season is concentrated. The berries are large, with glossy skin, coherent, firm, of superior quality and excellent flavor.

Raspberry, Gold 'Fall Gold' Everbearing *Rubus idaeus***Size: 4-6' Zone: 5 1-2' Price: \$10**

This outstanding, everbearing variety features very sweet and flavorful, large, golden-yellow berries, great for fresh eating, preserves and freezing. For us this has been our best producer in Reno and too delicious to preserve.

Raspberry, Red 'Caroline' Everbearing *Rubus idaeus***Size: 5' Zone: 4 1-2' Price: \$10**

These vigorous canes produce huge crops of large, firm raspberries with excellent flavor. The first crop ripens in June. The second crop ripens in September through to frost (as with all everbearing varieties). *Caroline* is more disease resistant and with larger, earlier fruits than most everbearers, and sweeter fruits than most red raspberries. *Caroline* is more resistant to root rots than most raspberries, making it suitable for a wider range of soil types, including heavier soils. It has long berries with a tangy, unique and robust flavor. It is widely adapted, as far north as Wisconsin, yet also grown in the South due to its heat tolerance. *Caroline* claims to have the highest levels of antioxidants and other nutrients of any raspberry variety.

Raspberry, Red 'Encore' Summer *Rubus idaeus***Size: 4-5' Zone: 5 1-2' Price: \$10**

Encore was released in 1980 by Cornell University. It is a very late ripening, floricanic fruiting red raspberry. It has a fruiting season of about 3-4 weeks. This is the latest ripening, most winter hardy floricanic (summer-bearing) producer available at this time, and a very reliable producer. Berry shape is large and slightly conic. Flavor is sweet with great raspberry aroma and flavor (it even tastes good when slightly under-ripe). Suckering is strong and *Encore* will fill the row out well, being a vigorous grower.

Raspberry, Red 'Prelude' Everbearing *Rubus spp.***Size: 5' Zone: 3 1-2' Price: \$10**

This sturdy, erect variety was recently released by the N.Y. State Experiment Station, Geneva, N.Y., and is a licensed variety of Cornell University. Prelude is identified as the earliest ripening summer red raspberry. Although Prelude is also fall-bearing, it produces the biggest portion of its crop in the spring. The canes are very winter hardy and vigorous. The

berries are round-conic, have cohesive drupelets, and excellent flavor. It is resistant to phytophthora.

Strawberry, June-bearing 'Allstar' *Fragaria sp.***Size: 6" Zone: 4 Bundle Price: \$10 for 10**

Allstar has become a major variety during the late mid-season time. The glossy, huge fruit, which holds its size very well, is exceptionally sweet and an excellent u-pick or home garden choice. Its orange/red color and delicate skin lessens its shipping potential. *Allstar's* vigor and disease resistance makes it suitable to almost any growing region and soil condition.

Strawberry, June-bearing 'Earliglow' *Fragaria sp.***Size: 6" Zone: 3 Bundle Price: \$10 for 10**

Earliglow is popular with home gardeners for its amazing flavor. This variety produces firm glossy, medium-sized berries with a fantastic sweet flavor. As the season fades, berries will become smaller but taste will never be compromised. The fruits are excellent for fresh eating, processing, and the freezer. Plants are extremely resistant to red stele, root rot and verticillium wilt. This is an early season June-bearer.

Strawberry, Day Neutral 'Monterey' *Fragaria sp.***Size: 6" Zone: 3 Bundle Price: \$10 for 10**

Monterey is a moderate producer cultivated from the *Albion* variety. *Monterey* will produce a slightly larger, yet softer fruit than *Albion*, with excellent flavor. It is a vigorous variety that does well in organic applications. *Monterey* has outstanding flavor with a distinct sweet aftertaste that is unique among California cultivars. *Monterey* has a good disease-resistant profile, although it is susceptible to powdery mildew. *Monterey* strawberries are self-pollinating and have a good heat tolerance, making them an excellent day neutral choice for our high desert. Unlike the traditional June-bearing varieties, everbearing or day neutral strawberry varieties like *Monterey* will produce a constant crop throughout the summer and into the fall, provided temperatures stay within their productive range (35 degrees to 85 degrees F. is the idea) Thus, we still get some full-season strawberry production in the high desert but not nearly like what a gardener on the coast would expect from a day neutral variety. Some day neutral strawberries are nice to have around, though I personally prefer the bigger, more usable harvest of the June-bearing varieties for the majority of my strawberry patch ☺

Fruit and Nut Trees

Apple 'Arkansas Black', G-11 Dwarf, *Malus sp.*

G-890 Semi-Dwarf

Size: 8-15' Zone: 4 4x10 or 5x12 whip Price: \$18

The apple looks like something out of a fairy tale, with a dark red color that is almost black. It's an excellent dessert apple, with a sweet and tart taste and firm texture. But here's the thing about the *Arkansas Black* apple: you can't eat it right off the tree. Right after picking, it's hard and sour-tasting. But if you let it sit in cold storage (i.e. your refrigerator), it ripens into something amazing. The thick skin of the deep red apple helps preserve it during storage. It needs to sit for at least a couple of months, but the apples will keep for at least three or four months. This apple possibly came from a settler named John Crawford in Arkansas, in the 1840s, and was certainly widely grown in Arkansas and Missouri later that century. It is thought to be a seedling of *Winesap*. During the 1800s, many Arkansas families had kitchen orchards with apple trees on their land. By the end of the 19th century, though, two of the largest apple-producing counties in the United States were Benton and Washington counties in Arkansas. In 1900, Benton County was home to around 40,000 acres of commercial apple production, and 15-20 percent of those apples were the *Arkansas Black*. A moth infestation and bacterial blight, along with the climate and economic pressures of the Great Depression, virtually killed commercial production of the *Arkansas Black*. Today, there are fewer than 150 apple growers in the state, primarily with small orchards that sell to farmers markets and farm stands, and the *Arkansas Black* makes up less than five percent of the apples grown in the state.

Apple 'Black Oxford', G-11 Dwarf, *Malus sp.*

Size: 8-10' Zone: 4 4x10 whip Price: \$18

Black Oxford is Maine's most famous apple. In his book, *The Apples of Maine*, George Stilphen writes: "Black Oxford was found as a seedling by Nathaniel Haskell on the farm of one Valentine, a nailmaker and farmer of Paris in Oxford County, Maine, about 1790 and the original tree was still standing in 1907, the farm being then owned by John Swett." The medium-sized, round, deep purple fruit has a blackish bloom; from a distance might make you think you'd discovered a huge plum. Because of its unusual light pink flowers in spring, you could plant it as an ornamental. *Black Oxford* is an all-purpose variety, recommended for everything: fresh eating, pies and cider. Leave the skins on for a delightful pink sauce

(the skins will dissolve). Best eating from late December to March, it keeps all winter into spring.

Apple 'Esopus Spitzenberg', G-11 Dwarf, *Malus sp.*

Size: 8-10' Zone: 4 4x10 whip Price: \$18

An attractive, bright red fruit with crisp, aromatic flesh and rich sweet-tart flavor, *Esopus Spitzenberg* is reputed to have been Thomas Jefferson's favorite apple. Great eaten fresh and in baked goods, *Esopus Spitzenberg* also makes tasty cider. In proper conditions, the fruit stores well until spring. *Esopus Spitzenberg* apples are also known simply as *Spitzenberg*. The *Esopus* comes from the name of the settlement of Esopus, New York, where the first apple of the variety was found. The apple quickly became popular along the eastern United States in the 18th century. Despite their initial popularity, *Spitzenberg* apple trees were susceptible to many diseases, matured late in the season, and were slow-growing, leading growers to eventually phase out the variety in favor of hardier cultivars. *Spitzenberg* apples drastically declined in cultivation, almost disappearing entirely, but today the variety is slowly reemerging as a favored heirloom cultivar grown in specialty orchards and in home gardens.

Apple 'Grimes Golden', G-890 Semi-Dwarf, *Malus sp.*

Size: 8-10' Zone: 4 4x10 whip Price: \$18

Grimes Golden is considered one of the finest American apples. It was a seedling found by Thomas Grimes in Brooke County, West Virginia, in 1804. It is most likely the parent of *Golden Delicious*. The fruit are juicy and smooth with a sweet flavor with nuances of spice. The apples are small to medium and slightly oblong to round in size. The skin is smooth, matte, and is a deep yellow-green speckled with faint white lenticels, or spots, and light ribbing. The fine-grained flesh is creamy white, crisp, and tender. It's a productive tree that bears annually and the fruit keeps until January. It's moderately resistant to fireblight and cedar apple rust. This is a self-fertile apple variety, and also makes a great pollinator for other varieties.

Apple 'Jonathan', G-11 Dwarf, *Malus sp.*

Size: 8-10' Zone: 4 5x12 whip Price: \$18

The *Jonathan* apple is medium sized and covered in a thin red skin, blushed with yellow to green undertones. Fruit from trees that have limited sun exposure during the ripening process will often have vertical red striping and subtle lenticels (spots) on the skin. Trees that are exposed to more sun will take on a deeper red to purple hue. The fine textured flesh of the *Jonathan* apple is creamy yellow in color with a crisp bite and lots of juice. Its flavor is mildly sweet with a tart tang and subtle hints of spice. *Jonathan* is believed to be a relative of the *Esopus Spitzenberg* apple. *Jonathan* is a classic American heirloom, and has been parent to many varieties throughout the years.

Apple 'Mutsu', P-18 Standard, *Malus sp.***Size: 20-30' Zone: 4 4x10 whip Price: \$18**

Mutsu is an excellent dessert, salad, and cider apple. It has a sweet, light flavor when cooked, and it holds its shape well. *Mutsu* fruit can grow quite large (a pie may require as few as three apples). Its skin is yellow with a slight orange blush, and the flesh is white to pale yellow. *Mutsu* has its origins in Japan, where it is a major variety. *Mutsu* was developed in 1930, from a *Golden Delicious* crossed with *Indo*, a Japanese seedling, and it was introduced in the United States in 1948. *Mutsu* is sometimes also called *Crispin*. The fruit is best eaten fresh off the tree, but also can keep well without shriveling in proper storage.

Apple 'Smokehouse', G-11 Dwarf, *Malus sp.***G-890 Semi-Dwarf****P-18 Standard****Size: 8-25' Zone: 4 4x10 or 5x12 whip Price: \$18**

Smokehouse apple tree is a seedling of the old American variety, *Vandevere*. The *Smokehouse* apple tree originated in Lampeter Township, PA in the 1830's adjacent to Mr. William Gibbons' smokehouse. *Smokehouse* apple is tender, but firm, exceedingly juicy, with yellow tinged flesh. The *Smokehouse* apple has a fresh cider flavor. It's a precocious bearer and reliable cropper of flattish, red-striped yellow fruit. It's an excellent keeper and a very good quality multi-purpose apple. It shows some resistance to fireblight. Although the fruit was named for the smokehouse, in a happy twist of fate the fruit lives up to its name as it looks smoky, colored with a muted blend of yellows, greens and a reddish-brown blush. This all-purpose apple is still quite popular in home and commercial orchards in Pennsylvania and occasionally in central Maine. *Smokehouse* is most admired as a culinary variety, particularly for pies.

Apple 'Yataka Fuji', G-11 Dwarf, *Malus sp.***Size: 8-10' Zone: 4 4x10 whip Price: \$18**

A new and distinct apple cultivar originating as a bud mutation of the Fuji apple tree, the Japanese leading late maturing apple cultivar. The new cultivar is generally similar to its parent, Fuji, with respect to branches, leaves and flowers, but the fruit is distinguished from the Fuji apple by coloring and maturing one month earlier than the parent.

Cherry 'Rainier,' Mazzard, *Prunus cerasus***Size: 15-25' Zone: 5 1/2" Price: \$28**

Rainier cherries resulted from a cross between the *Bing* and *Van* varieties. The trees are gorgeous in spring with showy pink-white blooms filling the garden with a lovely fragrance. The trees bear fruit early in the season. Those with a *Rainier* in the backyard will be picking cherries while other cherry trees are nowhere near ripe. *Rainier* cherries are yellow on

the outside with a scarlet blush. The inner flesh is sweet and creamy white, giving it the nickname "white cherry." Many agree that this is the best yellow cherry, and some insist that *Rainier* is the best cherry of any color. The cherries also tend to attract less birds than red cherries, probably due to the yellow coloring. The cherries store well too. They are wonderfully sweet right off the tree, but they also work well for baking, canning and freezing. The tree is usually a heavy bearer that does particularly well in drier spring climates, but it needs a pollinator. *Black Tartarian*, *Sam* or *Stella* varieties work well. But remember that the tree can take some three to five years to fruit.

Cherry 'Compact Stella', Mazzard, *Prunus avium***Size: 10-15' Zone: 5 1/2" Price: \$28**

The Compact Stella Cherry is a must for the home gardener with limited space. This semi-dwarf cherry tree produces large, dark-red fruit that is firm and sweet. The Compact Stella Cherry produces delicious fruit that is more resistant to cracking. The tree is small and compact, bears at a young age, and is self-fertile.

Hawthorn, Black *Crataegus douglasii***Size: 10-20' Zone: 5 1-2' Price: \$12**

This species is a handsome ornamental with showy white flowers, glossy foliage, and odd, shiny black fruits. It is named for its "discoverer," David Douglas (1798-1834), the Scottish botanical explorer. Cattle and sheep, goats and deer browse the foliage; pheasants, partridges, quail, and many songbirds consume the berries. It is the most widespread western member of its genus. Black hawthorn is a thorny, much-branched shrub or small tree with a compact, rounded crown of stout, spreading branches. It often forms thickets. Twigs are reddish and bear thick, oval, toothed leaves. The fruits are edible and both the fruits and the flowers are commonly used as powerful medicines in tinctures and teas for strengthening the heart and circulating blood, among myriad other uses. The tree also provides excellent shelter for wildlife, and is an excellent plant for stabilizing soils and for stream bank erosion control.

Mulberry 'Wellington', *Morus tartarica*, *Morus rubra***Size: 20' Zone: 5 1-2' Price: \$25**

Considered the best mulberry grown at the New York State Fruit Testing center in Geneva, the tree is a heavy cropper and among the hardiest of black mulberries. The sweet black cylindrical fruit ripens over several weeks. *Wellington* is self-fertile. The variety originated in Geneva, NY on the property of Richard Wellington.

Mulberry 'Sweet Lavender, Morus tartarica,*Morus alba x rubra***Size: 20-25' Zone: 5 1-2' Price: \$25**

The amazing and prolific white, pink and light-purple fruit of this delightful tree won't stain a patio like its dark-fruited cousins, but are absolutely delicious fresh or dried. This variety is self-fertile and ripens in early summer.

Nectarine 'Pacific Pride,' Lovell, Prunus persica**Size: 10-15' Zone: 5 1/2" Price: \$28**

A hand selected seedling of *Kreibich* Nectarine, this variety bears abundant crops of aromatic, delectably sweet and juicy, flavorful white-flesh nectarines. The fruit holds up well in cold storage. Like *Kreibich*, *Pacific Pride* appears to be very resistant to Peach Leaf Curl.

Pear, Asian 'Daisui Li', OHxF87, Pyrus pyrifolia**Size: 10-18' Zone: 5 1/2" Price: \$28**

Daisui Li is a high yielding Asian pear bearing very large (up to a pound) fruit. The flesh is white, crispy, and juicy. The fruit can be stored for 6 months at 32 degrees and also makes an excellent dried pear. Introduced by Ben T. Iwakiri of the University of California, Davis in 1985. The tree has a spreading ornamental shape and is fire blight resistant. *Daisui Li* is a cross between the Japanese pear *Kikusui* and Chinese pear *Tse Li*.

Pear, Asian 'Raja', OHxF87, Pyrus pyrifolia**Size: 10-18' Zone: 5 1/2" Price: \$28**

This is a must-have variety if you like flavor (and if you don't like flavor – well, you're crazy, but plant it anyway for the rest of us). The fruit is an attractive golden brown with a very sweet, richly flavored, quite delectable taste. This hardy variety is very productive and disease resistant and must be pollinated by another Asian pear. The fruit is best for fresh eating.

Pear, European 'Seckel', OHxF87, Pyrus communis**Size: 12-18' Zone: 4 1/2" Price: \$28**

Seckels are believed by many to be the only truly American variety of pear grown commercially. Unlike other varieties planted in the U.S. from European cultivars, *Seckels* are thought to have originated as a wild seedling near Philadelphia. They were discovered in the early 1800's. This may or may not be true, however. Another theory is that German immigrants travelling westward through the area dropped fruit or left seeds behind. *Seckel* pears are a small, tear-drop shaped variety with a very round body and a short neck. The bit-sized pears have a green skin that can darken to an almost olive color and are marked with a red blush that ranges from a bright red to maroon. The creamy, white flesh of a *Seckel* pear is a bit more dense and coarse than other pears. For such a small pear, *Seckel* possesses the sweetest

flavor profile of all the pear varieties. The diminutive *Seckel* pears are sometimes referred to as "Sugar Pears" or "Candy Pear" for their sweet flavor. They are the smallest of all the commercially produced pears. Best for fresh use, but also known for being a dessert pear, *Seckel* pears lend a very sweet flavor to any application. *Seckel* pears are excellent for pickling and spicing; the small pears can be canned whole, or halved. *Seckel* pears make a great snack for small hands and fit nicely into lunch packs.

Pear, European 'Ubileen', OHxF87, Pyrus communis**Size: 12-18' Zone: 4 1/2" Price: \$28**

A shining star in our pear universe, *Ubileen* produces baskets full of large, very early ripening, delicious and juicy fruit. This unique variety from former Yugoslavia is very disease resistant and ripens very early, fully one month before most other European Pear varieties.

Plums: European, Gage, Japanese

The European plum (*Prunus domestica*), is widely-planted in Europe and without doubt one of the most flavorsome fruits that can be grown in temperate climates. They come in a range of attractive colors, from yellow to pink to purple. The flesh is almost invariably a golden yellow - this is a good way to distinguish them from Japanese plums. *Prunus domestica* is not indigenous to Europe, and is thought to be a natural hybrid of the cherry plum and the sloe, which were both introduced to Europe from the Middle East. Prunes, a plum variety with sugar content high enough to allow sun-drying without causing fermentation, fall under the European category. European plums, which have firmer flesh than Japanese plums, are often canned or made into jams or jellies.

Although now usually included within *Prunus domestica*, it is convenient to consider the Gages as a sub-group of European plums because of their interesting and sophisticated flavors. Gage trees and flowering times are similar to the European plums. Gages tend to be either green or golden/yellow in color, with pale green or pale yellow flesh. The green gages are easier to distinguish being invariably smaller and rounder than regular European plums. Yellow gages are usually larger and look more like plums. Gages prefer slightly warmer growing conditions than other European plums to bring out their full flavor, and their natural home is France, where they have been cultivated since the Middle Ages, having been introduced from Italy. In France the many different varieties of green-skinned gages are known collectively as "Reine Claude" in honour of Queen Claude, the wife of Francis I, who ruled France from 1515 to 1547 when these plums first became popular. The term "Reine Claude," as in for example, "Reine Claude de Bavy," means a gage plum. Gages are named after Sir William Gage, an Englishman who popularized one of these varieties in England in the 18th

century. Gages were subsequently introduced to the USA in the late 18th century.

Expect Japanese plums (*Prunus salicina*) to bloom and reach harvest earlier than European plums. In general, the fat, juicy red plums are Japanese, while European varieties are the smaller, oval, purple or blue fruits. Japanese plums are nearly always eaten fresh. Japanese plum trees are more likely than European varieties to require cross-pollination (Although most European plums are self-fertile, you will produce a better crop if you grow two or more varieties together). The Japanese plum is the plum that you are most likely to find year-round in supermarkets, with large-scale production in California (where almost all of the U.S. production is centered) as well as China, Chile, and the warmer areas of Europe. The fruit has a longer shelf life than European plums, and is better suited to being transported around the world.

Japanese plums and European plums will not cross-pollinate each other, partly because for many varieties their flowering periods do not overlap. The flesh of Japanese plums is usually dark red in the red-colored varieties, which is a good way to distinguish them from European plums, which invariably have yellow or green flesh. *Prunus salicina* actually originates from China, but was introduced to the rest of the world via Japan and then California. The species is sometimes also called *Prunus triflora* because it produces flowers in sets of three instead of in pairs like *Prunus domestica*. One useful consequence of this is that trees of *Prunus salicina* trees are often more productive than *Prunus domestica* because they produce more blossom and can set more fruit.

Plum, Japanese 'Howard Miracle,' Myro 29C, *Prunus salicina*

Size: 10-15' Zone: 5 1/2" Price: \$28

A unique and outstanding taste delight, *Howard Miracle* Plum bears good crops of large, crimson and yellow, sweet and juicy fruit. This delectable fruit is rated among the best of Japanese plums and tastes like a pineapple. A vigorous spreading tree, *Howard Miracle* Plum needs another Japanese plum for pollination.

Plum, European 'Long John,' Myro 29C, *Prunus domestica*

Size: 12-15' Zone: 4 1/2" Price: \$28

Long John has elongated dark maroon freestone fruit with a blue waxy bloom and orange, firm sweet-tart flesh. The fruit is good for fresh eating or dried for prunes. This plum is named after the renowned plum breeder John Watson from Geneva, NY. The tree has an upright spreading form and is a heavy producer. It shows good cold hardiness and resistance to bacterial leaf spot. It's a mid-season, very large prune-type plum with medium vigor.

Rootstocks

Not for sale; this is just information about the rootstocks that some of our fruit trees are grafted onto!

Apple, G11, Dwarf

This rootstock is very precocious and very productive. Expect a tree 30-40% the size of standard seedlings. It is a *Malling 26 x Robusta 5* hybrid. It has good resistance to both fire blight and collar rot, and has very few burrknots or suckers. Woolly aphids find it much less attractive than *M26* or *M9*. The trees will need staking, especially in the early years.

Apple, G890, Semi-dwarf

This rootstock produces a well-anchored, vigorous semi-dwarf tree that is 40-60% of standard seedling vigor. It comes from an *Ottawa 3 x Robusta 5* cross made in 1976. *G890* is more productive than any self-supporting rootstock ever released in this size class. It resists crown rot, fireblight, and woolly apple aphids, and is a nutrient-scavenging good choice for replanting in existing orchards.

Apple, P18, Standard

A *Malling 4 x common Antonovka* hybrid from the great Polish rootstock breeding program at Skierniewice. The "P" does not stand for Poland but for the Polish word for "rootstock." It's about 90-95% the vigor of a standard apple seedling. It's extremely winter-hardy and tolerant of wet soils. It's resistant to collar rot, scab, mildew, and gall, and has intermediate resistance to fireblight. It has no burrknot tendencies!

Cherry, Mazzard

This is the original traditional *Prunus avium* cherry seedling rootstock and produces a very large standard cherry tree, with a mature height of 20ft or more. It has been in use for centuries (if not millenia) and is compatible with all current cherry varieties. It is reasonably cold-hardy (zone 4). It produces a very vigorous tree with good anchorage. It has some tolerance to phytophthora and is moderately resistant to oak root fungus, and will grow on a wide range of soils with very few suckers. Typically used for sweet cherries, but *Mazzard* also can be used for Montmorency and tart cherries to be planted in wetter, poorly drained sites where *Mahaleb* cannot grow. *Mazzard* cherry is common throughout the world. No one in particular really has bred or developed *Mazzard* as a clonal rootstock, so almost all are true

seedlings. However, because of selection by nurserymen they have become a very consistent rootstock for cherries, both sweet and tart.

Nectarine, Lovell, standard *Prunus persica*

Proven to be a dependable standard peach rootstock, *Lovell* provides a long-lived tree with disease resistance and hardiness. *Lovell* is slightly more resistant to wet conditions than other stone fruit rootstock.

Mulberry, Russian, seedling *Morus alba tartarica*

Grows well and rapidly in poor, dry soil and will give quick shade. Adaptable to dry, urban or seaside conditions. Frequently used in windbreaks on the Great Plains. Widely used as a rootstock for both fruiting and fruitless mulberries. Originally cultivated by the Chinese for silkworm production about 2800 B.C..

Pear, OHxF 87, Semi-dwarf

The OHxF series of pear rootstocks originated from crosses made more than 75 years ago at Oregon State University. Professor Reimer and his team were primarily seeking rootstocks resistant to fireblight. In Europe, pears have a long tradition of being grafted onto quince rootstock, but fireblight and colder climates induced further development of rootstock options in North America. All OHxF series rootstocks have very good fireblight resistance. *OHxF87* is a semi-vigorous grower, about 2/3 standard size, and is also resistant to crown rot, woolly pear aphids, and pear decline. It is precocious and well-anchored, and known as one of the heaviest producers in the OHxF series.

Plum, Myro 29C, Semi-dwarf

This is a widely adapted selection of *Myrobalan* used as rootstock for plums and can also be used for almonds. It has good resistance to root rot and nematodes and makes a large semi-dwarf tree if unpruned, but it can be maintained at any height with summer pruning. It tolerates wet soils and has less sucker development than *Marianna 2624*.

Herbs, Flowers and Veggies

Anise Hyssop *Agastache foeniculum*

Size: 3' **Zone:** 3 **4" Price:** \$6

A classic perennial plant for both herb gardens and borders, anise hyssop is composed of erect branches of mint-and-licorice-scented, medium green leaves ending in fuzzy spikes of small lavender flowers. The flowers are very showy and the fragrant foliage seems to be of little interest to deer. It self-seeds readily and often blooms the first year. New seedlings are hardy and can be transplanted easily. It's a bee, hummingbird, and butterfly magnet. When the edible leaves are crushed they smell like licorice and have been used to make tea and cold remedies. The flowers are also edible and are charming crumbled into salads.

Arugula, Sylvetta *Diplotaxis tenuifolia*

Size: 3' **Zone:** 5 **4" Price:** \$6

Also known as "wild rocket," this is our favorite arugula variety. It's extremely cold-hardy and is highly coveted by chefs since its flavors are considered deeper and more complex than other arugula varieties, especially when harvested in cool/cold weather. *Sylvetta* is a perennial (lasts for multiple years) in most climate zones and will continue growing throughout the winter months—even in the coldest northern climates—if grown in a hoop house. It also puts off lots of bright yellow flowers in the fall that the bees love. If you grow the annual arugula in your garden, this plant will extend the arugula season because it reaches harvestable size at the same time that the annual arugula goes to flower and is no longer harvestable.

Asparagus, 'Guelph Millennium' *Asparagus officinalis*

Size: 5' **Zone:** 2 **Bundle Price:** \$12 for 5

Guelph Millennium is a delicious, all-male variety developed at the University of Guelph. Expect high yields of purple-tipped green spears from a late season crop that may extend into June. Millennium Guelph is probably the cold-hardest asparagus of all, so it does well in cool climates. Plant asparagus crowns in rich soil, covered by at least 2-3" of soil. This variety will grow 5' tall, with a spread of 18", so space them with room to grow out from the center. Leave the plants to develop and grow strong during the first year, and harvest from year two on.

Asparagus 'Purple Passion' *Asparagus officinalis*

Size: 4' **Zone:** 2 **Bundle Price:** \$12 for 5

Purple Passion has many similar characteristics to green asparagus but offers something new for the asparagus connoisseur. The spears produced have several qualities that make it quite different than common green asparagus. The deep-burgundy coloration produced in these spears is most striking. This variety also has a 20% higher sugar content and is often eaten raw. Some upscale restaurants garnish salads with *Purple Passion*. When cooked, the sweetness gives this asparagus a mild, nutty flavor. The spears are generally larger and much more tender than its green counterpart. The vascular bundles have less lignin per spear, which makes the spears less stringy. This also allows the cook to use the whole spear and not waste the bottom. *Purple Passion* is truly a unique new vegetable that has exceptional qualities that put it in a class by itself. It should pique the imagination of any world-class chef as well as the ordinary consumer who just wants to add something special to the dinner plate.

Catmint *Nepeta × faassenii*

Size: 2' x 3' **Zone:** 3 **4" Price:** \$8

Catmint thrives in dry soils in full sun, and is very drought tolerant. It blooms in spring with almost continuous re-bloom into fall with proper shearing of spent flower spikes. Although *Nepeta cataria* is the true catnip that drives house cats ecstatic, the leaves of this hybrid catmint are also attractive, albeit less enticing, to cats. Catmint attracts butterflies, hummingbirds and bees, and is highly deer and rabbit resistant (deer tend not to eat plants with aromatic foliage). The distilled oil is used in natural mosquito repellent. The plant is also a natural repellent for aphids, potato beetles, squash bugs and rats. It contains Vitamin C and is a good herb for the early stages of a fever as it induces sleep and perspiration but does not increase body temperature. Catmint is also good for restlessness, hyperactivity, convulsions, hysteria, headaches, indigestion, sinuses, and colds. It is also a mild sedative.

Chamomile, German *Matricaria recutita*

Size: 2-3' **Zone:** Annual **6 pack Price:** \$6

Chamomile is one of the most widely used flowers for herbal tea. It is used as a mild sedative, and is good for insomnia as well as many other nervous conditions. It is a nervine and sedative especially suited to teething children and those who have been in a highly emotional state over a long period of time. Except for the small risk of allergy, chamomile is also one of the safest herbs to use. The anti-inflammatory properties make it good for rheumatism, arthritis, and other painful swellings. Additional uses in herbal medicine include as an antispasmodic for intestinal and menstrual cramps, relieving gas pains, and a very mild but efficient laxative. Milder tea in large doses is given throughout the day for

fevers, sore throats, the aches and pains due to colds, flu, and allergies. As a popular remedy, it may be thought of as the European counterpart of the Chinese tonic, ginseng. Chamomile tea is also used as a liquid feed and plant tonic, effective against a number of plant diseases. The dried flowers are used as an insect repellent. Chamomile may be used internally or externally. It is also easy to grow and a great delight to have as a patch in your garden. Insects love the flowers, and if you don't harvest every flower, the patch readily re-seeds itself and will come back thick again every year.

Chives, Garlic *Allium tuberosum*

Size:1-2' **Zone:** 4 **4" Price:** \$5

The leaves of garlic chives are plane, firm and light green compared to those of other chives varieties. They have a fragrance and flavor similar to that of mild garlic, accompanied by a fairly sweet tinge. They like full sun and are most compatible with damp soil. Garlic chive plants repel aphids. Onion chives produce flowers during the middle of the spring, while garlic chives bear flowers during the end of the summer. The florets of garlic chives are petite, white-hued and star-shaped appearing in loose bunches. The juice of the plant is used as a moth repellent. The whole plant is said to repel insects and moles. For culinary use, garlic chives have been employed in flavoring butters, creams (including sour cream and cottage cheese), soups, eggs, seafood, oils and vinegar. They are typically used as a garnish or eaten raw because they will begin to lose their flavor if they are cooked for longer than 5 minutes. In Japan, garlic chive segments are added to miso soup. Chives are best used fresh and lose flavor and attractive color after being dried. Traditional medicinal uses of these chives include treating intestinal parasites, boosting immune systems, promoting good digestion and even curing anemia. Ancient Chinese herbal medicine used garlic chives for a multitude of additional purposes including increasing energy, regulating hemorrhages, helping with ailments of the liver, kidneys and digestive track, and even as the antidote for some poisons. Used externally, garlic chives' small bulbs can be rubbed on bug bites and minor cuts. Garlic chives have the nutrition benefits of being high in vitamins A and C, fiber, carotene, riboflavin, thiamine, iron, calcium and potassium.

Chives, Onion *Allium schoenoprasum*

Size:1-2' **Zone:** 3 **4" Price:** \$5

Chives, a member of the onion family native to Asia and Europe, have been around the kitchen for more than 5,000 years. But they were not actively cultivated as food until the Middle Ages. The botanical name, *Allium schoenoprasum*, derives from the Greek meaning *reed-like leek*. The English name *chive* comes from the Latin *cepa*, meaning *onion*, which in turn became *cive* in French. Easy to

grow, onion chives pack a lot of flavor for their compact size. The plants form neat grass-like clumps of tubular leaves that contribute an onion flavor to salads, creamy soups, potatoes, egg dishes, and others. Great for containers, and also makes a neat border. Enjoy the light purple blooms in the spring—they are edible, too. However, be aware that the flavor of the chive leaves becomes bitter after the plant flowers. To prevent flowering, snip the leaves on a regular basis. In the Middle Ages, chives were promoted as a cure for melancholy and believed to drive away evil spirits. Today we know that chives and chive flowers are high in vitamin C, folic acid and potassium. This herb's tangy aromatic taste come from its high concentration of sulfur compounds and other essential oils, which are also partly responsible for its healing properties. The whole plant has a beneficial effect on the digestive system and blood circulation. It improves the appetite, is digestive, hypotensive and tonic. It has similar properties to garlic, but in a much milder form. The juice of the plant can be used as an insect repellent. The plant also has fungicidal properties and is effective against scab, mildew etc. The growing plant is said to repel insects and moles.

Comfrey, Russian 'Bocking 14' *Symphytum × uplandicum*

Size:2-3' **Zone:** 4 **4" Price:** \$5
Root Price: \$5

Russian comfrey originated from the natural hybridization of the common comfrey (*Symphytum officinale*, native from England) with the prickly comfrey (*Symphytum asperum*, native from Russia). This strain was developed during the 1950s by Lawrence D Hills, the founder of the Henry Doubleday Research Association. *Bocking 14* is sterile, and therefore will not set seed, one of its advantages over other cultivars as it will not spread out of control. Russian comfrey has purple-blue flowers and shares the same medicinal and nutritional properties as common comfrey, but this cultivar is a more robust and vigorous grower than the common comfrey. Generally, common comfrey is preferred for medicines and Russian comfrey is preferred for biomass, feeding animals, and fertilizing. Like any comfrey, be sure to place this plant in a permanent location because once established it is hard to remove (expect any bits of roots left after digging to shoot out new plants).

Costmary *Tanacetum balsamita*

Size: 3' **Zone:** 4 **Root Price:** \$7

Long, broad and resinous leaves support loose clusters of tiny, daisy-like flowers that emit a pleasant, balsamic fragrance. The plant can thrive in nearly any soil but will do best on dry land. It may need digging up every few years as the roots creep freely. Costmary is used medicinally for stomach issues, for headaches, and as an emmenagogue. On account of the aroma and taste of its leaves, Costmary was much used to give a spicy flavoring to ale - whence its other name,

Aletcost. The fresh leaves were also used in salads and in pottage, and dried are often put into pot-pourri, as they retain their aroma.

Goldenrod, Canada *Solidago canadensis*

Size: 3-5'

Zone: 2

4" Price: \$5

Often blamed for hay fever and allergies, goldenrod has been considered by many to be a noxious weed. The good news is that it cannot actually cause either hay fever or allergies because the pollen is not airborne, but instead is carried by bees and other insects, so stop blaming goldenrod! It will, however, draw many butterflies, bees and birds to your garden. Goldenrods are actually one of the most important nectar and pollen sources for pollinators at the end of the growing season. They are also an important nectar source for migrating monarchs. Goldenrod has a very pleasant anise scent, and all the goldenrods are useful as medicine, for crafts and as a dye plant. Goldenrod has a long history of medicinal use on this continent. The fresh blossoms of goldenrod were slowly chewed by the Zunis to relieve sore throats. Cherokees used the entire plant: a tea was made from the blossoms to be used as a diaphoretic; the root was dried and ground for poultices for insect bites, swelling and inflammations. The leaves, which are both a diuretic and a stimulant, were used to treat intestinal and urinary tract disorders. This special plant was also a valuable battlefield remedy and was used in treating open wounds because of its ability to stench the flow of blood. American and English herbalists have long used a tea made from the leaves as an astringent, diuretic, diaphoretic, anti-catarrhal, anti-inflammatory, anti-microbial, and carminative. The tea is an effective cold and flu remedy as it acts to reduce mucus in the lungs. Goldenrod can also just be a pleasant tea to enjoy; the more aromatic the plant, the better the flavor. There are many kinds of goldenrod growing wild in North America. There are nine species found in Arizona, 13 in California and over twenty in New Mexico. In the wild, goldenrod is found growing just about everywhere, in prairies and fields, in wet low areas, and along the sides of the roads. Canada goldenrod is a vigorous rhizomatous plant, so be careful in placing it in your garden – it will take over an area and form a big patch if given water enough to do so. If you do have a good place for goldenrod to grow, though, you will be rewarded with a lovely and sweet-smelling golden display of blossoms from late summer on into the early fall. And there will collect upon your goldenrod patch a mesmerizing assembly of native bees, wasps and other pollinators.

Hawthorn, Black *Crataegus douglasii*

Size: 10-20'

Zone: 5

1-2' Price: \$12

This species is a handsome ornamental with showy white flowers, glossy foliage, and odd, shiny black fruits. It is named for its "discoverer," David Douglas (1798-1834), the Scottish

botanical explorer. Cattle and sheep, goats and deer browse the foliage; pheasants, partridges, quail, and many songbirds consume the berries. It is the most widespread western member of its genus. Black hawthorn is a thorny, much-branched shrub or small tree with a compact, rounded crown of stout, spreading branches. It often forms thickets. Twigs are reddish and bear thick, oval, toothed leaves. The fruits are edible and both the fruits and the flowers are commonly used as powerful medicines in tinctures and teas for strengthening the heart and circulating blood, among myriad other uses. The tree also provides excellent shelter for wildlife, and is an excellent plant for stabilizing soils and for stream bank erosion control.

Horseradish *Armoracia rusticana*

Size: 2-3'

Zone: 2

Root Price: \$5

Horseradish originated in the southern part of Russia and the eastern part of the Ukraine. In the past, physicians and healers would recommend horseradish for everything from a sore throat to digestive upset to parasitic and fungal issues. The most common culinary use for horseradish is to cut up the roots and mix them with vinegar, cream or mayonnaise to make horseradish sauce. The large, white, fleshy, tapered roots have a hot bitter taste. Horseradish contains significant amounts of cancer-fighting compounds called glucosinolates, which increase the liver's ability to detoxify carcinogens and may suppress the growth of tumors. Although broccoli, Brussels sprouts, and other cruciferous vegetables also contain these compounds, horseradish has up to 10 times more glucosinolates than broccoli. The glucosinolates are released from the damaged plant cells when cut or grated. This quickly degrades and becomes unpleasantly bitter if not used immediately or mixed with vinegar to stop the degradation. Recent studies have shown that horseradish is one of the few medicinal vegetables whereby processing (i.e. making horseradish sauce) actually improves its anticancer benefits, making it easier for us to benefit from its therapeutic powers. Horseradish is difficult to eradicate once established because the smallest piece of root can grow a new plant. The plant spreads by underground shoots, out-competes almost all other plants, and can become invasive if not maintained.

Hyssop *Hyssopus officinalis*

Size: 2'

Zone: 3

4" Price: \$7

"Purge me with hyssop and I will be clean," the Bible records (Psalm 51:7). Hyssop has been used for millennia as a holy herb, consecrated for cleaning holy places. Its name comes from the Hebrew word *adobe* or *ezob*, which literally means "holy herb". Hyssop is a hardy perennial evergreen bushy herb with square stems and linear leaves and flowers in whorls of 6 to 15 blooms. The purple blooms are very attractive to bees and butterflies. Hyssop is native to southern Europe, though

it is grown in gardens in cooler climates around the world. Hyssop has a mint-like taste (which is understandable as it is part of the mint family) that makes it a tasty addition to salads, provided it is used in small quantities. It is also used to flavor liqueurs and stews and has been considered an aphrodisiac when combined with ginger, thyme, and pepper. Hyssop has been hung in homes to provide protection from the evil eye. It has also been planted frequently on graves as protection for the dead from the living. The ancient herb is said to cure all manner of ailments from head lice to shortness of breath.

Jerusalem Artichoke *Helianthus tuberosus*

Size: 4-10' Zone: 2 Bundle Price: \$5 for a bag

A sunflower native to the central regions of North America, the plant bears many yellow flower heads in late August and September that are approximately 1 ½ to 3 inches in diameter. Many North American Indian tribes used Jerusalem artichoke as food prior to the arrival of European settlers. The explorer Champlain took Jerusalem artichokes from North America to France in 1605. By the mid 1600s it was widely used as a human food and livestock feed there. In France the tubers have been used for wine and beer production for many years. With a similar taste to water chestnuts, the tuber has a continental history as a gourmet vegetable. Jerusalem artichoke tubers resemble potatoes except that 75 to 80% of the carbohydrates of the tubers are in the form of inulin rather than starch. Once the tubers are stored in the ground or refrigerated, the inulin is supposedly converted to fructose and the tubers develop a much sweeter taste. Nonetheless, some inulin clearly remains (inulin is indigestible by humans) and for many people causes an uncomfortably gaseous experience when the tubers are eaten. Any reports of proper handling of this prolific tuber so to nullify this digestive dilemma are highly appreciated. That said, the tubers can be prepared in ways similar to potatoes. In addition, they can be eaten raw, or made into flour, or pickled.

Lavender 'Provence' *Lavendula x intermedia*

Size: 2-3' Zone: 5 #1 Price: \$15

Provence is among the most intensely fragrant lavender. *Provence* makes a wonderful cut flower with long stems and lavender-blue flower spikes from mid to late summer. It is also a good oil variety. Lavender is a drought resistant perennial plant (xeric), thriving in full sun, dry to medium, poor, sandy, alkaline, well-drained soils. *Provence* is one among a group of lavenders also known as *Lavandin*, which is a hybrid lavender that combines the cold-hardiness of English lavender (*Lavandula angustifolia*) and the heat tolerance of Portuguese lavender (*Lavandula latifolia*).

Lovage *Levisticum officinale*

Size: 7' Zone: 3 Root Price: \$10

Herbaceous perennial flowering from 4 to 7 feet tall. The leaf stems and leaves, harvested fresh and chopped, make an agreeably aromatic potherb, especially nice to flavor potato-leek soup. The aerial parts may be dried and used throughout the winter. The root of this tasty herb is proestrogenic, and may be used as a substitute for Dang-gui (*Angelica sinensis*), although lovage is a milder medicine and not as potent in its activity. Still, the herb is well liked by women, and gentle is good. The plant prefers full sun to part shade and moist garden soils.

Marshmallow *Althaea officinalis*

Size: 5' Zone: 4 Root Price: \$10

A perennial herb native to Europe. In spring it sends up many unbranched stems that are slightly velvety, then it puts out clusters of white flowers in late summer. A premier healing herb, marshmallow root is nutritious, soothing to the digestion, stimulating to the immune system and helps prevent and repair ulcerations of the gastric mucosa and duodenum. The root has been used at least since Egyptian antiquity in a honey-sweetened confection useful in the treatment of sore throats. The later French version of the recipe, called *pâte de guimauve*, included an egg white meringue and was often flavored with rose water. The ancient Egyptian recipe called for extracting sap from the plant and mixing it with nuts and honey. Another pre-modern recipe uses the pith of the marshmallow plant, rather than the sap. The stem was peeled back to reveal the soft and spongy pith, which was boiled in sugar syrup and dried to produce a soft, chewy confection. Confectioners in early 19th century France pioneered the innovation of whipping up the marshmallow sap and sweetening it, to make a confection similar to modern marshmallow. The confection was made locally, however, by the owners of small sweet shops. They would extract the sap from the mallow plant's root, and whip it themselves. The candy was very popular, but its manufacture was labor-intensive. In the late 19th century, French manufacturers thought of using egg whites or gelatin, combined with modified corn starch, to create the chewy base. This reduced labor and required industrial methods to combine the gelatin and corn starch in the right way. This process continued to modernize until we ended up with our non-medicinal (worse – anti-healthy), alien-like ubiquitous modern marshmallow, which is made in a complex process and now contains only water, sugar, corn syrup, lots of air, and corn starch. Not exactly “progress.” Let's grow this plant again, and make the real thing.

Mint, Orange *Mentha x piperita citrata***Size:** 3' **Zone:** 4 **4" Price:** \$6

Also known as Bergamot mint or Eau de Cologne mint, Orange mint is native to Europe and has long been utilized for its aromatic properties, both in culinary applications and as a deodorant for rooms, tables and the body. This perennial herb is easy to grow and will thrive when given moist soil and moderate to full sun exposure. The roots of Orange mint are vigorous growers and tend to be invasive when planted in an open garden. To prevent spreading of mint, plant in pots or buried vessels within a garden bed. Orange mint's rich green leaves are oval in shape and grow on striking green to burgundy square stems. When allowed to flower this hybrid mint produces white and pink-spiked blooms from mid to late summer. The highly aromatic leaves tend to be stronger in flavor than many other varieties of mint with notes of citrus and spice, with lavender undertones. Its aromatic properties are enhanced when bruised.

The flavor of Orange mint works best in fresh preparations. Use it chopped in fruit or grain salads. Add the minced leaves to dressings, vinegars, jellies and sauces. Its flavor is excellent in cream, fruit and chocolate-based dessert preparations such as ice cream, cr me brulee and tarts. Orange mint can be used as a flavor infuser for teas, cocktails and lemonade.

Whole leaves may also be used as a garnish for sweet desserts and certain savory dishes. Orange mint is believed to be one of the secret ingredients in true Chartreuse liquor, an herbal French liquor made up of 130 secret herbs, plants and flowers produced by Carthusian Monks since 1737.

Motherwort *Leonurus cardiac***Size:** 4' **Zone:** 4 **4" Price:** \$8

An herbaceous perennial plant in the mint family. The flowers are small, pink to lilac in color often with furry lower lips. In many places it can be found along roadsides and in vacant fields and other disturbed areas. This plant prefers well-drained soil and a partly shady location, but has done okay in full sun in Reno as well. A great nectary plant for bees.

Especially valuable for PMS, menstrual pain and delayed menstruation. Gentle sedative. Helps calm the entire nervous system. Strengthens the heart and often prescribed for palpitations. Motherwort is a vigorous grower and self-seeds readily, so be careful where you plant her.

Mugwort, Western *Artemisia ludoviciana***Size:** 4' **Zone:** 4 **4" Price:** \$8

Also known as white sagebrush or white sage, western mugwort is native to much of North America, western mugwort is a rhizomatous perennial with beautiful gray-green foliage composed of long, strap-like leaves. Its yellow-white flowers bloom in summer. Much less aggressive than the European mugwort (*A. vulgaris*), this plant prefers very well-drained soil and full sun. It has medicinal properties

similar to other mugwort species. Though shorter and not as quick to spread as European mugwort, western mugwort will still spread to take over a wide patch, so take care in placing her in your garden. Mugwort belongs to the genus *Artemisia*, named after the Greek goddess Artemis - the goddess of the moon, the hunt, wild animals, and childbirth. While mystical herbalists know that mugwort brings vivid dreams to those who drink the tea or keep a bundle under their pillow, modern scientists have also confirmed that it interrupts deep sleep in favor of REM sleep in which dreams are made. In Japan, mugwort is believed to belong "to the Goddess of progeny, life and death," and Ho Hsien Ku, the Chinese Immortal Woman or health goddess, is an eternally young woman clad in mugwort. 12th century texts extensively describe European mugwort as a menstrual tonic, and one 14th century text discusses mugwort's use in expelling dead fetal tissue after a miscarriage. In fact, mugwort has been used by women to covertly and safely abort pregnancies often when it has not been culturally proper to do so. As mugwort was widely used to stimulate healthy and regular menstruation, its additional ability as an abortifacient created an opportunity for women who wanted to covertly terminate a pregnancy. Pregnant women are warned from taking mugwort during pregnancy because it contains compounds that stimulate menstruation and kill fetal tissue. Mugwort is attributed with the power of arousing magical ideas and imaginative conceptions in old-time cultures across Asia, Europe and North America. At the same time that mugwort is a cooling, anti-inflammatory, and bitter herb, it is also used to invoke Artemis and all she represents. Besides its fame as a friend of women and dreamers everywhere, mugwort is also a highly medical plant used to cure a number of ailments.

Many of the different individual compounds found in mugwort have overlapping effects and work synergistically to prevent and cure many ailments. Different parts of mugwort are used for a multitude of medicinal purposes including as a digestive agent, pain killer, antibacterial, anti-viral, anti-fungal, anti-inflammatory, diaphoretic, expectorant, decongestant, insect repellent, and muscle relaxant. It has been used to cure intestinal parasites, hemorrhages, diarrhea, pneumonia, tuberculosis, ulcers, dysentery, cough, respiratory issues, and to prevent vomiting.

Oregano, Greek *Origanum vulgare hirtum***Size:** 2' **Zone:** 5 **4" Price:** \$7

In the 1940's, a lot of interest in foreign cuisine was generated by the soldiers who returned home from World War II. They had experienced different foods that were spicier, and, yes, even more flavorful than mom's pot roast. True, there were many ethnic groups at that time who grew some spicy oreganos, but most Americans didn't have a clue. The oregano plant that then became widespread had no flavor except that of grass. The seeds of that species were

easily collected from the wilds of the Mediterranean where oregano covered the mountains (Oregano, loosely interpreted from the Greek, means ‘Joy of the Mountain’). This rampantly growing plant is what we now refer to as wild marjoram. Eventually, a flavorful sub-species of this wild marjoram made its way to America from Greece; and, quite naturally, we called it Greek Oregano. It is much much stronger than it’s wild parent. In cuisine, it has a strong flavor but it doesn't hold up well to prolonged cooking, especially when used fresh. It can be mowed or sheared to within two inches of the ground when harvesting or maintaining the garden. Dried Greek oregano is a great way to get through the winter blues. It can be used for herbal marinades or can be added near the end of cooking to any tomato based sauce, sauté, stir fry, or egg dish. Try a sprinkle of dried Greek oregano on your next grilled cheese sandwich. One active agent in oregano is rosmarinic acid, which is a strong antioxidant that supports immune system health. Oregano has one of the highest antioxidant activity ratings, with 42 times the antioxidant punch of apples. Carvacol and thymol, two phytochemicals in oregano, are powerful antimicrobials. Research has shown essential oils from oregano may kill the foodborne pathogen *Listeria* and the superbug MRSA. Studies have also found essential oils of oregano to be useful against certain *Candida* species. Oregano contains beta-caryophyllin (E-BCP), a substance that inhibits inflammation. Oregano also has potential anti-viral activity. If you come down with a cold or the flu, oregano oil can be useful. Oregano encourages sweat production as a mode of detox, and ingesting it may help your body to get rid of unwanted phlegm in your lungs.

Peppermint *Mentha × piperita*

Size: 18"

Zone: 4

4" Price: \$6

Root Bundle Price: \$8

Herbaceous perennial groundcover. Peppermint is a hybrid mint, a cross between watermint and spearmint. The plant, indigenous to Europe, is now widespread in cultivation throughout all regions of the world. Peppermint generally grows best in moist, slightly shaded locations, and expands by underground stolons. The leaves and flowering tops are used; they are collected as soon as the flowers begin to open and can be dried. Peppermint has a high menthol content, and is often used in tea and flavoring other foods and beverages. Peppermint flowers are large nectar producers and honey bees as well as other nectar harvesting organisms forage them heavily.

Stinging Nettle *Urtica dioica*

Size: 4'

Zone: 4

4" Price: \$8

An herbaceous perennial flowering plant, native to North America and other temperate climates around the world. Our plants were propagated from stands in the Truckee River watershed. Plants have many hollow stinging hairs called

trichomes on the leaves and stems, which act like hypodermic needles, injecting histamine and other chemicals that produce a stinging sensation when contacted by humans and other animals. None-the-less, the plant has a long history of use as a medicine, as a food source and as a source of fiber. Nettles are among our very favorite early spring greens. Medicinally, they are great for anemia and as a general blood tonic or during menstruation (to top up departing iron stocks). Whenever you feel run down, or tired, think nettles! Eating nettles or drinking the tea makes your hair brighter, thicker and shinier; it makes your skin clearer and healthier. They are good for eczema and other skin conditions, including healing burns. Nettles can alleviate seasonal allergies. They are an effective diuretic and also alleviate arthritis. They are known for their ability to stop all kinds of internal and external bleeding. As a tea, it has been found to help cure mucus congestion, skin irritations, water retention, and diarrhea. The beverage is also said to help nursing mothers produce milk and it also stimulates the digestive glands of the stomach, intestines, liver, pancreas, and gall bladder. Nettles contain tannic acid, lecithin, chlorophyll, iron, silicic acid, lime, potassium, phosphorus, sulfur, sodium, chlorine, and vitamins A and C. Undoubtedly a great medicine, nettles are most popular worldwide as a nutritious potherb. When dried, the plant is 40 percent protein, rivaling cottonseed meal as a source of the vital nutrient. Nettle fodder is said to make cows give more milk and induce chickens to lay more eggs. Also, since the herb contains 7 percent nitrogen (dry weight), it makes an excellent garden mulch or fertilizer. Furthermore, fresh leaves, when boiled in well-salted water for ten minutes, can be used (like rennet) to curdle milk for cheesemaking.

Egyptian Walking Onion *Allium cepa proliferum*

Size: 3'

Zone: 4

Bundle Price: \$5

As their scientific name states, these hardy little onions are very prolific. After planting them in your garden you will have onions every year for years to come! Egyptian Walking Onions are also called *Tree Onions*, *Egyptian Tree Onions*, *Top Onions*, *Winter Onions*, or *Perennial Onions*. One of the first plants to emerge in the spring, the leaves poke up through the soil like little green spikes and shoot towards the sky despite the frost or snow. Eat the scallions in spring and fall; eat the bulbs before the topsets form in mid summer; eat the topsets before they become papery in late summer.

Rhubarb ‘Crimson Red’ *Rheum rhabarbarum*

Size: 2'

Zone: 3

Root Price: \$14

This variety is considered by some to be the best-flavored rhubarb available, with a perfect sweet/tart combination that makes rhubarb so appealing. The stalks will grow about two feet tall and produce good yields of fleshy stalks that are not stringy. Crimson Red shows good weather hardiness and is

adaptable to many soil types and growing conditions.

Sunflower, Maximilian *Helianthus maximiliani*

Size: 4-6' Zone: 4 4" Price: \$6

A prairie perennial native to the Great Plains and former tall grass prairie regions of central North America, this sunflower is drought resistant and features 2-3" diameter sunflowers with yellow rays and darker yellow center disks from late-summer into fall. Maximilian is easy to grow and attracts pollinators all season long, even before flowering. The flowers produce a heavy crop of seeds, thus it is also a valuable plant for wildlife food. It was named for the naturalist Prince Maximilian of Wied-Neuwied, Germany, who led an expedition into the American West in the 1830s.

plant for the Reno area: hardy, thrifty, showy, and it makes a nice big clump but doesn't spread further afield like some yarrows do.

Garden Sorrel *Rumex acetosa*

Size: 2' Zone: 4 4" Price: \$7

A perennial herb that is cultivated as a garden herb or leaf vegetable (pot herb). Common sorrel has been cultivated for centuries. The leaves may be puréed in soups and sauces or added to salads; they have a flavor that is similar to kiwifruit or sour wild strawberries. Remove flowering tops as they appear to keep leaves tender.

Yarrow, Common *Achillea millefolium*

Size: 2' Zone: 3 4" Price: \$5

Root Bundle Price: \$5

Yarrow is a native herbaceous perennial groundcover and dynamic accumulator particularly specializing in accumulating phosphorous, potassium and copper (which means the plant itself is rich in those nutrients/minerals, and it also means the plant collects them and makes them available to other plants/critters nearby). The plant is a frequent component of butterfly gardens. The plant prefers well-drained soil in full sun, but can be grown in less ideal conditions, and can even do well in deep shade. It readily spreads by rhizomes. This is the locally growing yarrow with white flowers and soft feathery foliage. This is also the most medicinally active variety of yarrow, a powerful herb known for its relaxing and restorative effect especially on the circulatory and nervous systems. It is also used as a strong toning astringent, as an antiseptic, and as a full body cleanser that clears congestion and flushes away illnesses. Yarrow is also a proven mosquito repellent. In antiquity, yarrow was known as "*herbal militaris*" (military herb) for its use in stanching the flow of blood from wounds.

Yarrow 'Gold Buttons' *Achillea filipendulina*

Size: 4' Zone: 4 Root Price: \$8

A flowering herbaceous perennial plant in the *Asteraceae* family, native to the Caucasus Mountains, in southeastern Europe. Clumping growth habit. Bright yellow flower clusters good for pollinators. It is best grown in full sun, and is drought tolerant when established. This is a great pollinator garden

Nitrogen Fixers

Autumn Olive 'Ruby', *Eleagnus umbellata*

Size: 10-12' **Zone:** 4 **3-4' Price:** \$24

This is one of our favorite multi-use small trees. Autumn Olive is a hardy, easy-to-grow nitrogen-fixing plant (one of the few N-fixers that we can grow here that isn't covered in thorns! Though the branches themselves are sharp enough to make up for it). It's a wide spreading shrub/small tree with silvery foliage, lots of fragrant yellow flowers, and small berries for eating fresh or for preserves. It's a beautiful ornamental, and also provides wildlife food and habitat, not to mention great berry grazing for yourself in the fall. In our opinion, the varieties are significantly better tasting than the standard landscape-grade seedlings. *Ruby* is prized for its heavy crops of very large, brilliant red berries, which ripen in September. The flowers and fruit are complemented by the narrow, dark green foliage, which is silvery underneath. The fruit is very tasty, both eaten fresh and made into juice. The fruits are sweet and astringent and soft seeded. They are a colorful addition to fall fruit salads or green garden salads. Autumn Olive is not bothered by pests or diseases and is self-fertile. Produces 2nd year after planting.

Goumi 'Tillamook' *Eleagnus multiflora*

Size: 6-8' **Zone:** 4 **1-2' Price:** \$19

Native to the Russian Far East, China and Japan, Goumi is a very popular fruit in those regions and is now widely planted in many European and American gardens. Goumi forms a medium size shrub with attractive, silvery green foliage. Its white flowers bloom in mid-spring and are very fragrant and loved by bees. The juicy, scarlet-red fruit is speckled with silver and ripens in July. Aromatic with a flavor reminiscent of pie cherries, it is very good eaten fresh and also makes tasty preserves. As with other species in the genus *Eleagnus*, goumi plants are actinorhizal, growing in symbiosis with the actinobacterium *Frankia* in the soil. These bacteria fix atmospheric nitrogen, making it available in usable form for the host plant, and indirectly for other nearby plants. This feature allows the plant to grow in poorer soils than it could otherwise, and also makes it a great support species for other nearby species. Goumi likes full to half day sun, well drained soil and usually begins bearing the 2nd year after planting. It is pest and disease resistant, and partially self-fertile. *Tillamook* goumi is a wonderful variety that produces larger than average fruit.

Indigobush/False Indigo *Amorpha fruticosa*

Size: 6-12' **Zone:** 4 **8-12" Price:** \$6

This fast growing legume shrub tolerates most soils. It grows fast and can grow in any well-drained soil. It has stunning deep

purple spikes of flowers that bloom throughout spring. The flower attracts bees and native pollinators and the plant is a host for several species of butterflies. The fruit is a small and short legume that is desired by game birds, song birds and small mammals. Indigobush can be used as a windbreak, a nitrogen-fixing support plant, or an ornamental. Plants develop a leggy character with the majority of their pinnately compound, fine-textured foliage on the upper third of the plant. The plant can tolerate wet soils and is known to be a weed along waterways in wetter parts of the country. Thus it prefers moist or average soils and it can take full sun but definitely seems to appreciate a bit of shade in our hot climate. Keep it irrigated, as it does not like extended periods of drought. The genus name, from the Greek *amorphos* (formless or deformed), alludes to the fact that the flower, with only a single petal (the banner), is unlike the typical pea flowers of the family, which usually have 5 petals (the banner, the two wings, and the two fused keels).

Vines

Grapes, American Seedless, Red, 'Canadice'**Size: Vigorous Zone: 5 1-2' Price: \$10**

Canadice produces medium clusters with small, sweet, red seedless berries. A slip-skin variety with tender and edible skin. *Canadice* is winter hardy to -20F. Susceptible to black rot, downy mildew and botrytis. Has a distinct *labrusca* flavor but not overpowering. Perfect for jams, jellies, or fresh eating. This is definitely among the tastiest treats we have grown in our gardens.

Grapes, American Seedless, White, 'Himrod'**Size: Vigorous Zone: 5 1-2' Price: \$10**

Vigorous vines produce large, loose clusters of oval, soft, flavorful berries. The grapes have a honey-like flavor and a melting, juicy texture. Moderate disease resistance.

Grapes, American Seedless, Blue, 'Mars'**Size: Vigorous Zone: 5 1-2' Price: \$10**

Mars produces beautiful blue grapes with a slip skin in medium-sized clusters. These vines do very well in hot summers, and have high vigor and yield. It's one of the most disease-resistant grapes available. The flavor is superbly sweet and similar to *Concord*, and the fruit ripen early. Many people consider *Mars* the all-around best seedless blue grape there is, going by its excellent flavor, disease-resistance, and hardiness.