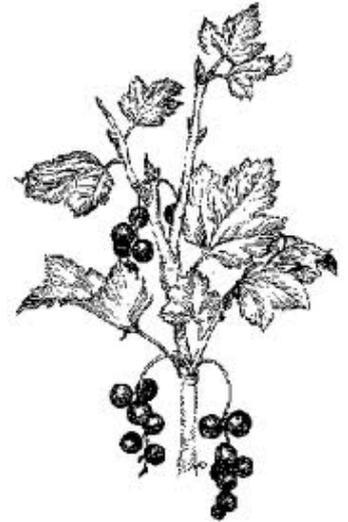


Plant Identification Handout: Edible Landscapes London, Thur 5th July 2012

These are the plants we covered. Lots of information about our plants can be found if you follow the top link on this page: <http://transitionfinsburypark.org.uk/NurseryResources>. We'd also recommend Plants for a Future (<http://www.pfaf.org/>) and the Agroforestry Research Trust (<http://www.agroforestry.co.uk/>) as important sources of information.

Blackcurrant ~ *Ribes nigrum* (Family: Grossulariaceae)

A tough, thornless perennial berry bush whose leaves, stems and roots smell of blackcurrant when rubbed. They can handle a bit of shade and will grow up to 120cm tall. The berries are great raw or cooked and the leaves make good tea. Really easy to propagate by cuttings. It is often grown multi-stemmed and the spherical black berries are up to 1cm in diameter.



Blackthorn ~ *Prunus spinosa* (Family: Rosaceae)

This produces the astringent-tasting sloe berries that are used to flavour gin. They have creamy white flowers and the oval leaves are more than twice as long as they are wide. Tough as old boots, they can grow up to 4m tall virtually anywhere. We like to graft plums onto them. Same family as apples, apricots, plums, cherries, peaches, pears, raspberries, strawberries, almonds, roses, meadowsweet, service tree, hawthorn and rowan.

Caucasian spinach ~ *Hablizia tamnoides* (Subfamily: Betoideae)

This fabulous perennial climber has tasty spear-shaped leaves which can be eaten raw or cooked. It grows quickly, up to 3m tall and produces clusters of tiny green flowers in June. Although seedlings have been eaten by slugs and snails, established plants seem resilient. It can handle some shade and dies back over winter. Same subfamily as chard and beetroot.





Cherry (Sweet) ~ *Prunus avium* (Family: Rosaceae)

Some of these are self fertile and some need male and female plants to become fertile. Left to their own devices, cherry trees can grow up to 30m tall, but when grafted onto a rootstock such as Gisella 5, they will only reach 3m. Check out the tiny red glands at the base of the leaves.

Fig ~ *Ficus Carica* (Family: Moraceae)

These trees are predicted to do well in Britain as the climate gets warmer. It prefers a sunny part of the garden and needs warmth, such as from a south facing wall, to harden off new growth. Restrict its roots by planting it in a pot or by lining a large planting hole to obtain more fruit. The fruits can be stored by drying; try mixing with nuts and spices to make fruit and nut bars that can be stored in a cool place for months! Same family as mulberry.



Hawthorn ~ *Crataegus monogyna* (Family: Rosaceae)

There are lots of hawthorns, *C. monogyna* being our bog-standard native with uninteresting fruit. We like to graft exotic hawthorns onto these to gain larger, tastier fruit. Hawthorn can grow up to 6m tall and are pretty shade and drought tolerant. Make the pulped fruit into jam, syrup or fruit leather. Same family as apples, apricots, plums, cherries, peaches, pears, raspberries, strawberries, almonds, roses, meadowsweet, service tree, blackthorn and rowan.



Horseradish ~ *Armoracia rusticana* (Family: [Brassicaceae](#))

Well known for the sauce made from its deeply growing roots, we like to nibble on the explosive, dark green leaves of this herbaceous perennial. The sprouted seeds are also pretty good. It grows in full sun or partial shade, reaching 1m in height. It's easily propagated using short sections of root – one of the reasons why it's hard to get rid of horseradish once you've planted it! Same family as as broccoli, cabbage, cauliflower, turnip, rapeseed and radish.



Cydonia oblonga Miller

Quince C ~ *Cydonia oblonga* (Family: [Rosaceae](#))

Not to be confused with Japanese or Flowering Quince (*Chaenomeles japonica*) which has tiny fruits in comparison. A ripe quince is a delight. It's as huge as a big pear and highly aromatic. They're too sour to eat raw, unless they've been bletted and it's the original ingredient for marmalade. Quince C is used as a rootstock for pears, restricting the height of the plant to 5m.

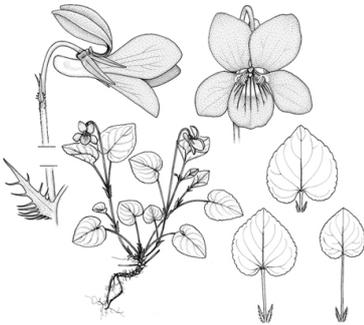
Service Tree ~ *Sorbus domestica* (Family: [Rosaceae](#))

These are deciduous trees that can grow up to 15m tall; they are not fussy and can tolerate shade. They are self-fertile. Fruits are harvested between September and November and need to be bletted (made to wait until they soften) before being eaten raw or cooked – they taste like very slightly alcoholic cooked apples. An exquisite non-alcoholic wine can be made from the fruit by leaving the crushed fruit for a day or two before juicing it. The juice is then pasteurised to keep for months. In Europe cider is made from the fruit. Same family as apples, apricots, plums, cherries, peaches, pears, raspberries,



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strawberries, almonds, roses, meadowsweet, blackthorn, hawthorn and rowan.



Violet ~ Viola riviniana (Family: [Violaceae](#))

This pretty little groundcover perennial only grows 20cm tall and can be found growing in dappled shade. The heart-shaped leaves and slightly scented purple flowers are edible, having a mild taste – good salad padding. Same family as pansy – also edible.

FOOD AND DRINK WE PROVIDED

Herb Teas

We offered sweet cicely, rosemary and orange, sage and linden.

Lemon balm drink

We offered lemon balm drink. This was made by crushing lemon balm and leaving overnight in cold water. Then dripped/squeezed mixture through a muslin and added syrup. Reduced by keeping at warm temp in pan, but not boiling.

Apple Crisps

The apples were cored, sliced and dried in a dehydrator last Autumn before storing in a sterile jar. They became slightly moist and chewy, so were put briefly in an oven 2 days ago to crisp up.

Sorrel and Avocado Dip

Can't remember how this was made, just that it contains Polish Sorrel leaves and avocado!

Bread

Was homemade, mix of strong brown and white flour, water, rapeseed oil, sugar/yeast, salt, kelp (not essential – added for the iodine 1tsp per loaf), sultanas. Flour mixed with with oil and kelp then sugar/yeast mix and rest of water. Partially mixed then left to 'rest' for 10 mins. Salt added and properly kneaded. Then sultanas added in quickly and gently. Shaped into loaves and left for a few hours before baking.