

## Specialty Fruits and Other Edible Plants

### **Chokeberry (*Aronia melanocarpa*)**

Chokeberry is a deciduous shrub with a profuse cluster of white flowers in mid-Spring, followed by dark blue/t black berries in late summer. The tart berries can be eaten fresh, but are usually cooked as jams, jellies, wine, tea, and syrup. The berries are attractive to birds and the fruit can persist into the Winter. Chokeberries are self-fertile and are best grown in a half-day or greater of sun and can tolerate a wide range of soils. including wet soil.

### **Autumn Olive (*Elaeagnus umbellata*)**

Autumn Olive is a medium-to-large, deciduous shrub with dark green foliage and profuse flowers that bloom in early Summer. Flowers become yellow to red berries which ripen in late Summer. Berries are eaten fresh or made into juice. Autumn Olive prefers half day to full sun and well-drained soil and are self-fertile. These shrubs can be used for hedging or soil retention and are excellent nitrogen fixers. Autumn Olives are not related to Olives.

### **Spineless Caper (*Capparis inermis*)**

Spineless Caper is a thornless 3' shrub that produces a crop of abundant fragrant, flower buds and is self-fertile. The unopened flower buds or 'capers' are produced mid-Summer and are pickled or salted before use and frequently used in Mediterranean dishes. Hardy to about 15 degrees, they require full sun and very well drained soil. They are best grown in a pot and brought indoors for Winter.

### **Cranberry (*Vaccinium macrocarpon*)**

Cranberries are low growing, vining, evergreen shrub with tart bright red berries. The nutritious fruits are used for juice, sauce, and dried cranberries. Cranberries require full sun and moist but well drained, acidic soil. Berries mature in the Fall. Stevens Cranberry, a high yielding variety, is the most popular variety grown locally.

### **Currant (*Ribes nigrum* and *Ribes rubrum*)**

Fruiting currants, different from flowering currants, are small to medium size deciduous shrubs that produce a cascading cluster of black, red, pink, or white berries in mid-summer. Currants are cooked and used in jams, jellies, wines, and pastries. The berries are high in antioxidants and Vitamin C. White currants are sweetest followed by pink, red, and black. Currants prefer sun to part shade and well-drained soil. Our varieties are self-fertile, but planting two different varieties of the same species (*Ribes nigrum* or *Ribes rubrum*) can produce larger crops.

### **Elderberry (*Sambucus canadensis* and *Sambucus nigra*)**

Elderberries are a medium-to-large shrub that produce clusters of white flowers in early summer and purple/black berries in the Fall. Native to North America, the American Elderberry (*Sambucus canadensis*) are smaller and bloom in early Summer. The European Elderberry (*Sambucus nigra*) are a larger and bloom earlier than the American varieties. The tart berries are high in Vitamin A, Vitamin C, and antioxidants. Berries must be cooked and are often used in jams, jellies, pies, syrups, and pies. Elderberries prefer sun to part sun and well-drained soil. Plant two different varieties of the same species for pollination.

### **Pineapple Guava (*Feijoa sellowiana*)**

Pineapple Guava is an evergreen shrub with glossy, green leaves, a white underside, and striking mid-summer pink flowers. Popular for fresh eating, they are grown for their sweet tasting pink petals and green fruits appearing in late Fall. Fruit taste varies from sweet, minty, and pineapple flavored. The fruits can be used in chutney, jams, and baked goods. Partially self-fertile, they produce better with another variety planted nearby. Prefer full sun and well-drained soil.

### **Goji (*Lycium barbarum*)**

The Goji Berry, also known as the Wolfberry, is a self-fertile, low maintenance, hardy, deciduous shrub that produces small teardrop shaped berries. Considered a 'superfood', the berries are packed with nutrients. The shrubs require full sun and well-drained soil. While drought tolerant once established, they should be deeply watered the first two years to establish a healthy root system. They can also be grown in deep, larger pots that allow for the deep root system to develop.

### **Gooseberry (*Ribes uva-crispa*)**

Goose berries are small, deciduous, thorny shrubs which flower in early Spring and produce nutritious berries in mid-Summer / early Fall. The berries are good for fresh eating, preserves, and pies. Gooseberries are self-fertile, require part to full sun, and well-drained soil. The red and golden berry varieties we carry are considered resistant to powdery mildew, which can be a frequent problem with gooseberries.

### **Goumi (*Eleagnus multiflora*)**

Deciduous large shrub with white bell-shaped flowers in early Summer. The round, red, fruits follow in mid-Summer. The fruits are high in lycopene and used in jams, syrups, salad toppings, pizza, and scones. As the fruits are very astringent when not fully ripe, wait until they are no longer completely firm to harvest. Thin skinned, the fruits do not store well and need to be used within 5 days of harvest. The dark green, leafy shrubs are nitrogen fixers and can be planted to lessen the need for nitrogen fertilizers. Requires part to full sun and well-drained soil. The shrubs are partially self-fertile but will produce better crops with two varieties for pollination.

### **Grapes (*Vitis labrusca* and *Vitis vinifera*)**

Grapes are vining, deciduous plants that typically produce fruit from August through October. We carry a variety of seeded and seedless table grapes and a small selection of wine grapes. While winegrapes can be a challenge, table grapes grow extremely well in the Pacific Northwest. Gardeners can choose earlier ripening varieties and strategically planting them in the sunniest spot in the garden. South or West facing exposures with irradiated heat can be helpful. Grapes are self-fertile and grow best in full sun and well-drained soil. The fruit can be used for fresh eating, jams, jelly, smoothies, and for making wine.

### **Hops (*Humulus lupulus*)**

Hops are a deciduous, aggressive growing vines that are grown for ornamental purposes or to harvest the cones for brewing. Hops bloom in mid-Summer and the cones ripen in the Fall. Brewing hops come in four types, chosen for specific characteristic including aroma, noble, bittering, and dual purpose. As they are an aggressive vine, they require a sturdy support structure such as a fence or arbor. Hops are self-fertile, prefer full sun, good air circulation, and well-drained soil.

### **Honeyberry (*Lonicera caerulea* var. *edulis*)**

Honeyberry, otherwise known as Haskap, is medium to large deciduous shrub. The tear dropped shaped fruits are sweet-tart and similar to a blueberry. Native to Japan and Russia, they are very hardy. The Japanese varieties (Blue Forest, Blue Hokkaido, Blue Mist, Blue Moon, Blue Sea) tend to be a more upright growing, have larger berries, and ripen later than Russian (Blue Pacific). Honeyberries can be eaten fresh, juiced, or made into preserves. They are best grown in full sun and well-drained soil in the Pacific Northwest. Two different varieties are required for pollination.

### **Evergreen Huckleberry (*Vaccinium ovatum*)**

Small to medium sized evergreen shrub with deep green leaves and small, juicy, dark blue/black, tart fruit. Evergreen huckleberries are native to the Pacific Northwest. They develop small, pink-tinged flowers in early Summer and produce berries in the Fall. They prefer shade to sun and acidic, moist, well-drained soil. Shrubs grown in shade tend to grow larger than those in sun. They are self-fertile. Evergreen Huckleberry works as a hedge, container plant, or woodland shrub.

### **Jostaberry (*Ribes nigrum* x *uva-crispa* or *Ribes uva-crispa*)**

Jostaberry is deciduous shrub that is a gooseberry/currant hybrid. These shrubs bloom in early Spring and develop sweet-tart berries in mid-Summer. We carry both red and black varieties. The red berries tend to be slightly sweeter. Jostaberries are thornless, their berries are high in Vitamin C and are good for fresh eating and jams / jellies. The bushes are self-fertile and prefer part to full sun and well-drained soil.

### **Lingonberry (*Vaccinium vitis-idaea*)**

Lingonberries are hardy, small, evergreen shrubs that produce small pink-white flowers in Summer followed by red berries that ripen in Fall. Native to some areas of North American, the tart berries can be eaten fresh, but are more commonly used in jams, jellies, preserves, and syrup. Some varieties are self-fertile but add a second variety for better pollination. Deer and rabbit resistant, lingonberries can be used for a small hedge and in containers. They prefer moist, well-drained, acidic soil and full to part sun. In hotter environments, they benefit from some shade in the afternoon.

### **Olive (*Olea europaea*)**

Native to the Mediterranean, olives are attractive small, evergreen trees with silver green leaves that grow best in areas with long, hot summers. Trees typically bloom early in summer, and olives ripen in the fall in hot climates. They need well-drained, loamy, and slightly alkaline soil with a minimum of 6-8 hours of direct afternoon sun. If your soil does not drain well, consider mounding the plant up to improve drainage. Some varieties will require winter protection, particularly in earlier years. Several varieties are self-fertile, but a pollinator of a different variety is encouraged. Olives are wind pollinated so they should be planted within 20' of each other. Olives, in the Pacific Northwest, are typically ornamental as they typically do not set fruit.

### **Pomegranate (*Punica granatum*)**

Native to Russia and Iran, pomegranates are a self-fertile deciduous shrub that produce bright orange blooms in early to Mid-Summer followed by bright red fruits with small, edible seeds that ripen each fall. They fruit best in warmer environments, and with our warmer summers in recent years, fruit production in the Northwest has increased. The fruit is good for juicing or fresh eating. Some varieties are naturally compact, but taller varieties can be kept smaller with pruning. They can grow in a wide range of soil types and conditions, but full sun is best.

### **Tea Camellia (*Camellia sinensis*)**

Tea camellia are a small, evergreen bush / small trees which produce white camellia flowers in Fall. Native to Russia and Korea, they are the source of White, Green, Oolong, and Black teas. Leaves are harvested throughout the growing season. For frequent harvests, more than one plant may be required. Often used as a small hedge, they require protection in colder winter climates winter. Plant in well-drained soil and full sun. They will benefit from shade in the heat of summer.

### **Magnolia Vine (*Schisandra chinensis*)**

A very hardy, deciduous, woody, vining plant with lightly fragrant magnolia like flowers followed by clusters of small, tart red berries. The berries are referred to as 'five flavored fruits' as they exhibit five basic flavors: sweet, tart, sour, bitter, and spicy. Berries are high in vitamin C and are used for juices and preserves. Dried leaves, shoots, and roots are used for tea. Schisandra prefers part-to-full sun, well-drained soil and requires a trellis or similar structure for support. While most Schisandra are dioecious, requiring a male and female plant, the Eastern Prince cultivar is self-fertile.

### **Seaberry (*Hippophae rhamnoides*)**

The Seaberry or Sea Buckthorn is a thorny, deciduous shrub that produces clusters of tangy, orange berries which are high in Vitamin C and used in juices. The shrubs are vigorous, upright, and improve poor soils by fixing nitrogen. Attractive in the landscape with silvery gray foliage the shrubs can be used as a hedge. Since they have thorns, it is suggested you harvest by cutting the fruiting branches and freezing them then easily shaking off the berries. They require full sun and grow well in most well-draining soils. Requires a male and female shrub for pollination.