

CANADIAN ACRES

FOOD FOREST PLANTS

for Northern BC

Large Trees (Canopy)

Paper Birch *Betula papyrifera* 60' x 30' edible sap

Medium Trees (Canopy)

*Plum - Pembina *Prunus salicina* x *Prunus nigra* 20' x 20'

*European Pear *Pyrus communis* 30'-40' x 25'

*Apple - Honeycrisp, goodyear, macintosh 30'-40' x 25'

Shrubs (Tall & Short Shrub)

Saskatoon *Amelanchier alnifolia* 5-10' x 5-10' food

*Siberian Pea Shrub *Caragana arborescens* 12' x 10' fixes N

Currant and gooseberry *Ribes, spp* 3-5' x 3-5' tolerates shade

*Elderberry *Sambucus canadensis* 6-12' x 6-12' nectary, medicine

*Buffaloberry *Shepherdia argentea* 10' x 10' fixes N

Sea Buckthorn *Hippophae rhamnoides* 12' x 12' fixes N,
medicinal

*Honeyberry *Lonicera caerulea var. edulis* 5' x 5'

*Native rose *Rosa spp* 4-6' x 6'

Herbs (Herbaceous)

Anise Hyssop *Agastache foeniculum* 2-4' x 1-2' nectary

Bee Balm *Monarda didyma* 3-4' x 2-4' tolerates shade, nectary

Lupine *Lupinus albus* 1-5', dynamic acc., nectary

Garlic Chives *Allium tuberosum* 1.5' x 1' tolerates shade

Rhubarb *Rheum x cultorum* 3' x 3' tolerates shade

Yarrow *Achillea millefolium* 8-36" runs, dynamic acc., nectary

Root & Fungi

Daffodil *Narcissus* Deter's pests, nectary

Carrot *Daucus carota* Food, dye

Beet *Beta vulgaris* Food, dye

Horseradish *Armoracia rusticana* Food, mulch

Ground Covers

Strawberry *Fragaria spp* 6-12" spreading

Mint *Mentha peperita* 1-3', spreading, dynamic acc., nectary

Thyme *Thymus vulgaris* small, spreading

White clover *Trifolium repens* small, spreading, nectary,
dynamic acc.

Vines

Hardy Kiwi *Actinidia arguta* 20-100' climber, requires male plant

Hops *Humulus lupulus* 15-30' edible greens, tea, medicinal

Valiant grape *Vitis sp. valiant* 10', edible fruit

* Two plants required for pollination