# Plants For a Future 2021CE Hardiness Zone 5, Wet, Heavy Clay

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# 1 Introduction

This is a book of plant information harvested from pfaf.org the goal is for future generations to have access to this valuable plant information. This book does Not contain any plant identification material, so you will need to use other references for actually identifying the plant. This book does contain information on how to grow the plants and their edible and other uses.

The plants are sorted by nitrogen-fixing ability, edibility, plant height, other uses, medicinal uses, and latin name. They start with nitrogen fixers because those are typically the easiest to establish pioneer plants.

Instructions for food forest design are in seperate books. But basic idea is to have thorny plants on the border as a form of fence to keep out predators and animals that want to raid your food forest, with the shortest plants closest to the border, then gradually getting taller plants as you go in. For example starting with thorny herbacious, then row of thorny shrub, the row of thorny trees. Afterwards can put in several rows of your staple crop, which typically is a variety of nut, acorn and bean producing tall trees. Then can put in a long rotation coppice of hardwood lumber trees you find useful, then a row or more of fruit trees, then a short rotation coppice to use for firewood, then some rows of berry, bean and nut shrubs, with the closest circle near the community being vegetables and perennials that take more care than the others.

You need about a hectare of land (2.5 acres) per person if you have 6 months growing season (where average temperature is above 10C), at least half of of which should be dedicated to food, the other half can be to lumber, but can also be food trees that are occasionally used as lumber. A general formula is 6/monthsGrowingSeason to see how many hectares you need. This assumes you have at least 600mm of rainfall per year, and only works if you have more than 3 months growing season, as very little you can grow in less than that.

If you live in a dry area, especially one prone to flash floods, then it is imperative that you spend you dry season digging swales and vernal pools, that will collect the rain water during the flash floods and keep it in place so that it enters the ground, then you can grow things downhill of your vernal pools and swales. It is generally more important that they be

extensive than deep. You want to ideally catch every drop, so that none of it leaves your property.

By contrast if you live in a very wet area with more than enough water, then you want to have ditches to help the water leave the property and not waterlog your soil.

If you have a slope exceeding 30 degrees then you will want to reinforce with terraces any water catchment areas such as vernal pools or ponds, also can use terraces for growing tubers or anything that requires digging to plant or harvest, otherwise your soil is liable to wash away. You may wish to use terraces with smaller slopes as well if you are doing soil tilling or digging. In a food forest permaculture system generally you want to minimize soil disturbance and focus on getting your food from fruits, leaves, bark or other above ground sources.

In a medium wetness area you can use either method to create various microclimates for different kinds of plants.

In either case you want to start with about 1 in three plants being a nitrogen fixer (bwon), as it will help your food forest grow faster.

Summaries are given in the Cosmic Language (KsomPyash). Long descriptions are in English.

# 1.1 Pronunciation guide

a /a/, b /b/, c /ʃʃ "sh", d /d/, e /e/, f /f/, g /g/, h /h/, i /i/, j /ʒ/ "zh", k /k/, l /l/, m /m/, n /n/, o /o/, p /p/, q /ŋ/ "ng", r /r/, s /s/, t /t/, u /u/, v /v/, w /w/, x /x/ /ʒ/ "gh", y /ʃ/, z /z/, 2 /ı/ (low tone), 6 /ə/ "uh", 7 /ገ/ (high tone).

# 1.2 vocabulary

tlin/tlin/cold hardiness, cyuc /ʃjuʃ/ heat hardiness, kcak/kʃak/ food (rating), tcan /tʃan/ other (uses rating), dwat /dwat/ medicinal (rating), hkuc /hkuʃ/ (adult) height, hsi2n /hsiJn/ (adult) width, ksan /ksan/ least (minimum).

pcim /pʃim/ full (shade), hmim /hmim/ medium (shade), htut/htut/ no (shade), cyut/ʃjut/ shade. li/li/ realis-mood (end of sentence). ta/ta/ topic-case.

hgat/hgat/drought (tolerant), kyuc/kjuʃ/dry, tcup/tʃup/damp, hja7n/hʒa1n/wet, hs6s/hsəs/puddle, hwic/hwiʃ/water (requirement).

hyis /hjis/ poor (soil), hras /hras/ sandy, jlut /ʒlut/ loamy, nyik/njik/ mud (silt/clay loam), frip /frip/ pottery (heavy clay), hpa7t /hpa1t/ topsoil.

frus/frus/corrosive (very acid), flat/flat/acid, prik/prik/passive (neutral), lwis/lwis/alkaline, slip/slip/slippery (very alkaline), hsom/hsom/salt (saline), hpa7tmwat/hpa1tmwat/topsoil taste.

fyif/fjif/self (fertile), xre7t/xre1t/, nyanhjen/njanhzen/male-female (dioecious, distinct male and female plants), hjon/hzon/sex.

hmuc /hmul/ purpose, pcis /pʃis/ danger, trot /trot/ temperature, prop /prop/ fertile, tcan /tʃan/ other, hyum /hjum/ uses, dwat /dwat/ medicine, drut /drut/ description, kcec /kʃeʃ/ region, tfo2n /tfo1n/ nitrogen-fixing, xlutkfam /ylut,kfam/ plant quantity, bwon /bwon/ bean, mran /mran/ corn/grain non-nitrogen-fixing plant, nrak /nrak/ continent (of origin), ksac /ksaʃ/ circumstances/habitat.

5 hmuctrotkeec, tcup hmuchwic, 3 ksankcak, frip hmuchpa7t, lwis hmuchpa7tmwat, 206 xlutkfam.

# 2 2 tlin

# **2.0.1 Betula pubescens**White Birch, Downy birch

2 tlin 9 cyuc 3 kcak 5 tcan 3 dwat 20 m hkuc

htut cyutli kyuctcuphja7n hwicli hyishrasjlutnyikfrip hpa7tli

frusflatpriklwis hpa7tmwatli hjonli drutta Betula pubescens is a deciduous Tree growing to

20 m (65ft) by 10 m (32ft) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 1. It is in flower in April, and the seeds ripen from August to September. The species is monoecious (individual flowers are either male or female, but both sexes can be found on the same plant) and is pollinated by Wind. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very acid soils. It cannot grow in the shade. It prefers dry moist or wet soil. The plant can tolerates strong winds but not maritime exposure.

pcista The aromatic and aliphatic hydrocarbons in birch tar are irritating to the skin. Do not use in patients with oedema or with poor kidney or heart functions [301]

kcakta Edible Parts: Flowers Inner bark Leaves SapEdible Uses: TeaInner bark - cooked or dried, ground into a powder then used with cereals for making bread etc[2, 15, 46]. Inner bark is generally only seen as a famine food, used when other forms of starch are not available or are in short supply[177, K]. Sap - raw or cooked. A sweet flavour[2, 15, 177]. Harvested in early spring, before the leaves unfurl, by tapping the trunk. The flow is best on sunny days following a heavy frost. The sap is often concentrated into a sugar by boiling off the water. Between 4 and 7 litres can be drawn off a mature tree in a day and this will not kill the tree so long as the tap hole is filled up afterwards[115]. However, prolonged or heavy tapping will kill the tree. A beer can be fermented from the sap. An old English recipe for the beer is as follows:-"To every Gallon of Birch-water put a quart of Honey, well stirr'd together; then boil it almost an hour with a few Cloves, and a little Limon-peel, keeping it well scumm'd. When it is sufficiently boil'd, and become cold, add to it three or four Spoonfuls of good Ale to make it work...and when the Test begins to settle, bottle it up . . . it is gentle, and very harmless in operation within the body, and exceedingly sharpens the Appetite, being drunk ante pastum."[269]. Young leaves - raw or cooked[15, 177]. Young catkins[15]. No more details are given. A tea is made from the leaves[15] and another tea is made from the essential oil in the inner bark[21].

tcanta Adhesive Besom Charcoal Compost Dye Essential Fibre Fungicide Miscellany Paper Pioneer Polish Repellent Tannin Thatching Waterproofing WoodThe bark is used to make drinking vessels, canoe skins, roofing tiles etc. It is waterproof, durable, tough and resinous[11, 61]. Only the outer bark is removed, this does not kill the tree. It is most easily removed in late spring to early summer. The bark was pressed flat and stored until the following spring. When required for making canoes it would be heated over a fire to make it pliable for shaping to the canoe frame[257]. A pioneer species, it readily invades old fields, cleared or burntover land and creates conditions suitable for other woodland trees to become established. Since it is relatively shortlived and intolerant of shade, it is eventually out-competed by these trees[11, 186]. A tar-oil is obtained from the white bark in spring. It has fungicidal properties and is also used as an insect repellent[4, 14, 61, 100]. It makes a good shoe polish[61]. Another report says that an essential oil is obtained from the bark and this, called 'Russian Leather' has been used as a perfume[245]. A glue is made from the sap. Cordage can be made from the fibres of the inner bark. This inner bark can also be separated into thin layers and used as a substitute for oiled paper[4]. A decoction of the inner bark is used to preserve cordage, it is rich in tannin. The bark contains up to 16% tannin[223]. A brown dye is obtained from the inner bark. An oil similar to Wintergreen oil (obtained from Gaultheria procumbens) is obtained from the inner bark[21, 61]. It is used medicinally and also makes a refreshing tea[21]. The young branches are very flexible and are used to make whisks, besoms etc[6]. They are also used in thatching and to make wattles[4]. The leaves are a good

addition to the compost heap, improving fermentation[20].

A black paint is obtained from the soot of the plant[61]. A high quality charcoal is obtained from the bark. It is used by artists, painters etc. Wood - soft, light, durable. It is used for a wide range of purposes including furniture, tool handles, carving, toys etc[100, 238]. It is a source of charcoal that is used by artists and is also pulped and used for making paper[238].

dwatta Antirheumatic Antiseborrheic Astringent Bitter

Diaphoretic Diuretic Eczema Lithontripic Miscellany Skin UrinaryAnti-inflammatory, cholagogue, diaphoretic[21, 165, 201]. The bark is diuretic and laxative[7]. The inner bark is bitter and astringent, it is used in treating intermittent fevers[4]. An oil obtained from the inner bark is astringent and is used in the treatment of various skin afflictions, especially eczema and psoriasis[4, 238]. The bark is usually obtained from trees that have been felled for timber and can be distilled at any time of the year[238]. The buds are balsamic[7]. The young shoots and leaves secrete a resinous substance which has acid properties, when combined with alkalis it is a tonic laxative[4]. The leaves are anticholesterolemic and diuretic[7]. They also contain phytosides, which are effective germicides[7]. An infusion of the leaves is used in the treatment of gout, dropsy and rheumatism, and is recommended as a reliable solvent of kidney stones[4]. The young leaves and leaf buds are harvested in the spring and dried for later use[238]. A decoction of the leaves and bark is used for bathing skin eruptions[4]. The vernal sap is diuretic[4]. The boiled and powdered wood has been applied to chafed skin[257]. Moxa is made from the yellow fungous excrescences of the wood, which sometimes swell out of the fissures[4]. The German Commission E Monographs, a therapeutic guide to herbal medicine, approve Betula species for infections of the urinary tract, kidney and bladder stones, rheumatism (see [302] for critics of commission E).

nrakta Most of Europe, including Britain, east to W. Siberia and central Asia. ksacta Open woodland and heaths, usually on acid soils, from sea level to 830 metres[1, 17, 100].

propta Seed - best sown as soon as it is ripe in a light position in a cold frame[78, 80, 113, 134]. Only just cover the seed and place the pot in a sunny position[78, 80, 134]. Spring sown seed should be surface sown in a sunny position in a cold frame[113, 134]. If the germination is poor, raising the temperature by covering the seed with glass can help[134]. When they are large enough to handle, prick the seedlings out into individual pots and grow them on in a cold frame for at least their first winter. Plant them out into their permanent positions in late spring or early summer, after the last expected frosts. If you have sufficient seed, it can be sown in an outdoor seedbed, either as soon as it is ripe or in the early spring - do not cover the spring sown seed. Grow the plants on in the seedbed for 2 years before planting them out into their permanent positions in the winter[78, 80, 113, 134].

nwatta Succeeds in a well-drained light loamy soil in a sunny position[11, 200]. Grows well in heavy clay soils. Tolerates a wet position[11, 24], succeeding in poorly drained soils[186]. Fairly wind tolerant[200]. Prefers an acid soil. A very ornamental tree and fast growing, capable of growing 1 metre a year but it is short-lived [186]. It is one of the first trees to colonize open land and it creates a suitable environment for other woodland trees to follow[11]. These trees eventually shade out the birch trees[186]. Trees take about 15 years from seed to produce their own seed[98]. Although closely related, it does not usually hybridize with B. pendula[11]. It hybridizes freely with B. pendula according to another report[186]. A superb tree for encouraging wildlife, it has over 200 associated insect species[24, 30]. A good plant to grow near the compost heap, aiding the fermentation process[14, 20]. It is also a good companion plant, its root activity working to improve the soil[14]. Trees are notably susceptible to honey fungus[200].

# 2.0.2 Betula pendula

Silver Birch, European white birch, Common Birch, Warty Birch, European White Birch

2 tlin 6 cyuc 3 kcak 5 tcan 3 dwat 20 m hkuc

htut cyutli kyuctcup hwicli hyishrasjlutnyikfrip hpa7tli frusflatpriklwis hpa7tmwatli hjonli

drutta Betula pendula is a deciduous Tree growing to 20 m (65ft) by 10 m (32ft) at a fast rate. See above for USDA

hardiness. It is hardy to UK zone 2. It is in flower in April, and the seeds ripen from July to August. The species is monoecious (individual flowers are either male or female, but both sexes can be found on the same plant) and is pollinated by Wind. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers welldrained soil and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very acid soils. It cannot grow in the shade. It prefers dry or moist soil. The plant can tolerates strong winds but not maritime exposure.

pcista The aromatic and aliphatic hydrocarbons in birch tar are irritating to the skin. Do not use in patients with oedema or with poor kidney or heart functions [301] kcakta Edible Parts: Flowers Inner bark Leaves SapEd-

ible Uses: TeaInner bark - cooked or dried and ground into a meal[2, 15, 105]. It can be added as a thickener to soups etc or can be mixed with flour for making bread, biscuits etc. Inner bark is generally only seen as a famine food, used when other forms of starch are not available or are in short supply[115, 177, K]. Sap - raw or cooked. A sweet flavour. It is harvested in early spring, before the leaves unfurl, by tapping the trunk. It makes a pleasant drink[115]. It is often concentrated into a syrup by boiling off the water[2, 9, 13, 15, 177]. Between 4 and 7 litres can be drawn off a mature tree in a day and this will not kill the tree so long as the tap hole is filled up afterwards[115]. However, prolonged or heavy tapping will kill the tree[115]. The flow is best on sunny days following a frost. The sap can be fermented into a beer. An old English recipe for the beer is as follows:- "To every Gallon of Birch-water put a quart of Honey, well stirr'd together; then boil it almost an hour with a few Cloves, and a little Limon-peel, keeping it well scumm'd. When it is sufficiently boil'd, and become cold, add to it three or four Spoonfuls of good Ale to make it work...and when the Test begins to settle, bottle it up . . . it is gentle, and very harmless in operation within the body, and exceedingly sharpens the Appetite, being drunk ante pastum."[269]. Young leaves -raw or cooked[15]. Young catkins[15]. No more details are given. A tea is made from the leaves[15, 161] and another tea is made from the essential oil in the inner bark[21].

tcanta Adhesive Besom Charcoal Compost Dye Essential

Fibre Fungicide Hair Miscellany Paper Pioneer Polish Repellent Tannin Thatching Waterproofing WoodThe bark is used to make drinking vessels, canoe skins, roofing tiles etc[115]. It is waterproof, durable, tough and resinous. Only the outer bark is removed, this does not kill the tree. It is most easily removed in late spring to early summer. A pioneer species, it readily invades old fields, cleared or burnt-over land and creates conditions suitable for other woodland trees to become established. Since it is relatively short-lived and intolerant of shade, it is eventually out-competed by these trees[17, 186]. A tar-oil is obtained from the white bark in spring. It has fungicidal properties and is also used as an insect repellent[4, 13, 100]. It makes a good shoe polish[61]. Another report says that an essential oil is obtained from the bark and this, called 'Russian Leather' has been used as a perfume[245]. A decoction of the inner bark is used to preserve cordage[115], it contains up to 16% tannin[178, 223]. An oil similar to Wintergreen oil (obtained from Gaultheria procumbens) is obtained from the inner bark[21, 61]. It is used medicinally and also makes a refreshing tea[21]. The resin glands (the report does not say where these glands are found) are used to make a hair lotion[226]. A brown dye is obtained from the inner bark A glue is made from the sap[2, 9, 13, 15]. Cordage can be made from the fibres of the inner bark[115]. This inner bark can also be separated into thin layers and used as a substitute for oiled paper[4]. The young branches are very flexible and are used to make whisks, besoms etc[6]. They are also used in thatching[13, 100] and to make wattles[4]. The leaves are a good addition to the compost heap, improving fermentation[14]. Wood - soft, light, durable. It is used for a wide range of purposes including furniture, tool handles, toys and carving[13, 100, 238]. A high quality charcoal is obtained from the bark. It is used by artists, painters etc[13]. The wood is also pulped and used for making paper[238].

dwatta Anticholesterolemic Antiinflammatory tirheumatic Antiseborrheic Antiseptic Astringent Bitter Cholagogue Diaphoretic Diuretic Eczema Laxative Lithontripic Miscellany Skin UrinaryAnti-inflammatory, cholagogue, di-aphoretic[21, 165, 201]. The bark is diuretic and laxative[7]. An oil obtained from the inner bark is astringent and is used in the treatment of various skin afflictions, especially eczema and psoriasis[4, 238]. The bark is usually obtained from trees that have been felled for timber and can be distilled at any time of the year[238]. The inner bark is bitter and astringent, it is used in treating intermittent fevers[4]. The vernal sap is diuretic[4]. The buds are balsamic[7]. The young shoots and leaves secrete a resinous substance which has acid properties, when combined with alkalis it is a tonic laxative[4]. The They also leaves are anticholesterolemic and diuretic[7]. contain phytosides, which are effective germicides[7]. An infusion of the leaves is used in the treatment of gout, dropsy and rheumatism, and is recommended as a reliable solvent of kidney stones[4]. The young leaves and leaf buds are harvested in the spring and dried for later use[238]. A decoction of the leaves and bark is used for bathing skin eruptions[4]. Moxa is made from the yellow fungous excrescences of the wood, which sometimes swell out of the fissures[4]. The German Commission E Monographs, a therapeutic guide to herbal medicine, approve Betula species for infections of the urinary tract, kidney and bladder stones, rheumatism (see [302] for critics of commission E). nrakta Most of Europe, including Britain, south and east

to Morocco, W. Siberia and central Asia. ksacta Open woodland and heaths[17, 100]. Rarely found on chalk[17]. propta Seed - best sown as soon as it is ripe in a light position in a cold frame[78, 80, 113, 134]. Only just cover the seed and place the pot in a sunny position[78, 80, 134]. Spring sown seed should be surface sown in a sunny position in a cold frame[113, 134]. If the germination is poor, raising the temperature by covering the seed with glass can help[134]. When they are large enough to handle, prick the seedlings out into individual pots and grow them on in a cold frame for at least their first winter. Plant them out into their permanent positions in late spring or early summer, after the last expected frosts. If you have sufficient seed, it can be sown in an outdoor seedbed, either as soon as it is ripe or in the early spring - do not cover the spring sown seed. Grow the plants on in the seedbed for 2 years before planting them out into their permanent positions in the winter[78, 80, 113, 134].

nwatta Landscape Uses:Firewood, Specimen. A very easily grown plant, it tolerates most soils including poor ones[1, 24], sandy soils[188] and heavy clays. It prefers a well-drained loamy soil in a sunny position[11, 200]. It is occasionally found on calcareous soils in the wild but it generally prefers a pH below 6.5, doing well on acid soils[186]. Fairly wind tolerant[200] though it becomes wind shaped when exposed to strong winds[K]. The silver birch is a very ornamental tree[1] with many named varieties[11, 200]. It also has a very wide range of economic uses. It is a fast growing tree, increasing by up to 1 metre a year, but is shortlived[17, 200]. It is often one of the first trees to colonize open land and it creates a suitable environment for other woodland trees to follow[17]. These trees eventually outcompete and shade out the birch trees[17, 186]. It makes an excellent nurse tree for seedling trees, though its fine branches can cause damage to nearby trees when blown into them by the wind. Trees take about 15 years from seed to produce their own seed[98]. Although closely related, it does not usually hybridize with B. pubescens[11]. It often hybridizes with B. pubescens according to another report[186]. A superb tree for encouraging wildlife, it has 229 associated insect species[24]. A good plant to grow near the compost heap, aiding the fermentation process[14, 20]. It is also a good companion plant, its root action working to improve the soil[14]. Trees are notably susceptible to honey fungus[200]. Special Features: Not North American native, Attractive flowers or blooms.

#### Viburnum trilobum 2.0.3

American Cranberry, Highbush Cranberry, Cranberrybush, American Cranberrybush Viburnum

2 tlin 7 cyuc 3 kcak 0 tcan 1 dwat 3 m hkuc

hmimhtut cyutli hgattcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Viburnum trilobum is a deciduous Shrub growing to 3 m (9ft 10in) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 2 and is not frost tender. It is in flower in June, and the seeds ripen from July to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil and can tolerate drought.

pcista Large quantities of the fruit can cause vomiting and diarrhoea[10, 65]. The fruit is of very low or zero toxicity, it only causes mild upsets when eaten unripe or in large quantities[65, 76].

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[3, 11, 161, 257]. Juicy but acid, the taste is best after a frost[62, 101, 102]. The fruits are rich in vitamin C, they are an excellent substitute for cranberries and are used in preserves, jams etc[183]. A jam made from the fruit has a very pleasant flavour that goes well in a porridge[K]. The fruit is about 8mm in diameter and contains a single large seed[200].

dwatta Emetic Febrifuge Laxative Stomachic Vitamin C Women's complaintsAn infusion of the roots has been used in the treatment of prolapse of the uterus[257]. A decoction has been given to babies with fevers[257]. A decoction of the branches has been used to treat a fallen womb after birth[257]. The bark is laxative[257]. An infusion of the roots has been used to make a person vomit in the treatment of bad blood and fevers[257]. An infusion of the inner bark has been used to treat stomach cramps[257].

nrakta N. America - Newfoundland to British Columbia, New Jersey, Michigan, Iowa, South Dakota and Oregon. ksacta Stream banks[62]. Low moist ground[235].

propta Seed - best sown in a cold frame as soon as it is ripe. Germination can be slow, sometimes taking more than 18 months. If the seed is harvested 'green' (when it has fully developed but before it has fully ripened) and sown immediately in a cold frame, it should germinate in the spring[80]. Stored seed will require 2 months warm then 3 months cold stratification and can still take 18 months to germinate[113]. Prick out the seedlings into individual pots when they are large enough to handle and grow them on in a cold frame or greenhouse. Plant out into their permanent positions in late spring or early summer of the following year. Cuttings of soft-wood, early summer in a frame[200]. Pot up into individual pots once they start to root and plant them out in late spring or early summer of the following year. Cuttings of half-ripe wood, 5 - 8 cm long with a heel if possible, July/August in a frame[78, 113]. Plant them into individual pots as soon as they start to root. These cuttings can be difficult to overwinter, it is best to keep them in a greenhouse or cold frame until the following spring before planting them out[113]. Cuttings of mature wood, winter in a frame. They should root in early spring - pot them up when large enough to handle and plant them out in the summer if sufficient new growth is made, otherwise keep them in a cold frame for the next winter and then plant them out in the spring. Layering of current seasons growth in July/August. Takes 15 months[78].

nwatta Landscape Uses:Foundation, Massing, Screen, Specimen, Winter interest. An easily grown plant, it succeeds in most soils but is ill-adapted for poor soils and for dry situations[1]. It grows well in heavy clay soils. Established plants are drought tolerant[160]. Prefers a deep rich loamy soil in sun or semi-shade[11, 200]. Best if given shade from the early morning sun in spring[200]. This species is considered by some botanists to be no more than a superior fruiting form of V. opulus that was taken to America by early settlers[11]. Occasionally cultivated for its edible fruit, there are some named varieties[183]. The fruit is very attractive to birds[160]. Some reports say that this species is selffertile[17, 200] whilst others say it is self-incompatible[11]. It is probably best to grow at least two different cultivars in order to produce fruit and fertile seed[11, 200]. Special Features: North American native, Attracts butterflies, Blooms are very showy. For polyculture design as well as the aboveground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is multistemmed with multiple stems from the crown [1-2]. The root pattern is flat with shallow roots forming a plate near the soil surface [1-2].

# 2.0.4 Tagetes erecta

African Marigold, Aztec marigold, Big Marigold, American Marigold

2 tlin 11 cyuc 3 kcak 3 tcan 3 dwat 1 m hkuc htut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Tagetes erecta is a ANNUAL growing to 1 m (3ft 3in) by 0.4 m (1ft 4in) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 3 and is frost tender. It is in flower in July. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It cannot grow in the shade. It prefers dry or moist soil.

kcakta Edible Parts: FlowersEdible Uses: Colouring CondimentThe petals of the flowers of some varieties can be eaten[183]. The fresh receptacle is eaten by children[272]. A yellow dye obtained from the flowers can be used as a saffron substitute for colouring and flavouring foods[183]. The plant is used as a condiment[177]. (This probably refers to the use of the flowers as an edible dye)

tcanta Companion Dye Insecticide RepellentLandscape Uses:Border, Container, Foundation, Massing, Seashore, Specimen. Secretions from the roots of growing plants have an insecticidal effect on the soil, effective against nematodes and to some extent against keeled slugs. These secretions are produced about 3 - 4 months after sowing[200]. The flower petals also have nematacidal properties[218]. The growing plant is also said to repel insects and can be grown amongst crops such as potatoes and tomatoes. A yellow dye is obtained from the flowers[169, 257]. Dynamic accumulator.

dwatta Anthelmintic Aromatic Carminative Digestive Diuretic Dysentery Eczema Emmenagogue Laxative Ophthalmic Sedative Skin StomachicThe whole herb is anthelmintic, aromatic, digestive, diuretic, emmenagogue, sedative and stomachic[61, 238]. It is used internally in the treatment of indigestion, colic, severe constipation[238], coughs and dysentery[218]. Externally, it is used to treat sores, ulcers, eczema. sore eyes and rheumatism[218, 238, 257, 272]. The leaves are harvested as required for immediate use during the growing season, whilst the flowering plant can be dried and stored for later use[238]. A paste of the leaves is applied externally to treat boils, carbuncles and earaches[272]. The flowers are carminitive, diuretic and vermifuge[272]. A decoction is used to treat colds, and mumps[218]. It is applied externally to trea skin diseases, conjunctivitis and sore eyes[218, 272]. The root is laxative[272].

nrakta Southern N. America - Mexico. ksacta Grows in the pine-oak forest zone[181]. A garden escape in the USA where it grows along the sides of roads[43].

propta Seed - sow March in a greenhouse. Only just cover the seed. Germination usually takes place within 2 weeks. When they are large enough to handle, prick the seedlings out into individual pots and plant them out after the last expected frosts.

nwatta Requires a well-drained moderately fertile soil in a sunny position[200]. Grows well in heavy clay soils and in sandy soils[188]. Although not very frost resistant, it can be grown as a tender annual in Britain, sowing the seed in a greenhouse in the spring and planting out after the last expected frosts. The flowers are often sold in local markets in Nepal and used as an offering to the Gods[272]. A number of named forms have been developed for their ornamental value[183]. The cultivar 'Yellow Climax' has mild flavoured edible flowers that can be used as colourful garnishes[183]. All parts of the plant emit an unpleasant smell similar to that of stale urine when they are bruised[245]. Removing dead flowers before the seed is formed will extend the flowering season[188]. Plants are prone to attacks by slugs, snails and botrytis[188]. Special Features: North American native, Fragrant foliage, Suitable for cut flowers, Suitable for dried flow-

# 3 tlin

# 3.0.1 Malus domestica

Apple

3

3 tlin 8 cyuc 5 kcak 4 tcan 2 dwat 9 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatprikl-

wis hpa7tmwatli xre7t hjonli drutta Malus domestica is a deciduous Tree growing to

9 m (29ft 6in). See above for USDA hardiness. It is hardy to UK zone 3 and is not frost tender. It is in flower from April to June. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista All members of this genus contain the toxin hydrogen cyanide in their seeds and possibly also in their leaves, but not in their fruits. Hydrogen cyanide is the substance that gives almonds their characteristic taste but it should only be consumed in very small quantities. Apple seeds do not normally contain very high quantities of hydrogen cyanide but, even so, should not be consumed in very large quantities. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: Fruit Oil OilEdible Uses: Oil Oil PectinFruit - raw, cooked or dried for later use. Apples are one of the most common and widely grown fruits of the temperate zone. There are a great many named varieties with differing flavours ranging from sour to sweet and textures from dry and mealy to crisp and juicy. There is also a wide range in the seasons of ripening with the first fruits being ready in late July whilst other cultivars are not picked until late autumn and will store for 12 months or sometimes more. See individual records for more details. The fruit of some cultivars is rich in pectin and can be used in helping other fruits to set when making jam etc[61, 142]. Pectin is also said to protect the body against radiation[201]. An edible oil can be obtained from the seed[4]. It would only really be viable to use these seeds as an oil source if the fruit was being used for some purpose such as making cider and then the seeds could be extracted from the remaining pulp[K].

tcanta Lighting Oil Oil Pectin Teeth WoodThe fruit is a source of pectin[61, 142]. Pectin is used as a thickener in jams etc and as a culture medium in laboratories. The apple is also an excellent dentifrice, the mechanical action of eating a fruit serving to clean both the teeth and the gums[4, 269]. The oil from the seed has been used as an illuminant[269]. Wood - hard, compact, fine-grained. Used for turnery, tool handles, canes etc[46, 171, 226]. It makes an excellent fuel[226]. Espalier: tree or other plants that is trained to grow flat against a support (such as a trellis or wall).

dwatta Antibacterial Antidiarrhoeal Astringent Laxative Odontalgic StomachicThe fruit is astringent and laxative[4, 9]. The bark, and especially the root bark, is anthelmintic, refrigerant and soporific[218, 240]. An infusion is used in the treatment of intermittent, remittent and bilious fevers[4, 240]. The leaves contain up to 2.4% of an antibacterial substance called 'phloretin'[240]. This inhibits the growth of a number of gram-positive and gram-negative bacteria in as low a concentration as 30 ppm[240]. A ripe raw apple is one of the easiest foods for the stomach to deal with, the whole process of digestion taking about 85 minutes[4]. The apple juice will reduce the acidity of the stomach, it becomes changed into alkaline carbonates and thus corrects sour fermentation[4]. The apple is also an excellent dentifrice, the mechanical action of eating a fruit serving to clean both the

teeth and the gums[4].

nrakta A hybrid of garden origin, mainly involving M.
sylvestris and M. pumila[200].. ksacta Not known in a truly
wild situation.

propta Seed - this species is a hybrid and will not breed true from seed, though some interesting new fruiting cultivars can be produced.. It is best sown as soon as it is ripe in the autumn in a cold frame. It usually germinates in late winter. Stored seed requires stratification for 3 months at 1°c and should be sown in a cold frame as soon as it is received[200]. It might not germinate for 12 months or more. Prick out the seedlings into individual pots as soon as they are large enough to handle. If given a rich compost they usually grow away quickly and can be large enough to plant out in late summer, though consider giving them some protection from the cold in their first winter. Otherwise, keep them in pots in a cold frame and plant them out in late spring of the following year. Cuttings of mature wood, November in a frame[11].

nwatta An easily grown plant, it succeeds in most fer-

tile soils, preferring a moisture retentive well-drained loamy soil[1, 200]. Grows well in heavy clay soils, though if these are poorly drained there could be problems with diseases such as canker[200]. Prefers a sunny position but succeeds in partial shade though it fruits less well in such a situation[1, 200]. Tolerates a pH range from 6 to 7, preferring a range of 6.5 to 6.8[200]. The apple is one of the most commonly cultivated fruit crops in the temperate zone. The primary climatic requirements for the production of good quality fruit are warm summer temperatures, relative freedom from spring frosts, reasonable protection from the wind (especially cold north and east winds) and an evenly distributed rainfall of about 600 - 800mm per annum[200]. Good apple production has been achieved as far north as 65°, whilst about 1000 hours of winter temperatures below 7°c are necessary to initiate flower production[269]. However good quality apples can still be produced in other areas with careful management and choice of cultivars[200]. Even in tropical latitudes, the plant has succeeded at high elevations, producing fruit at elevations over 3000 metres in Ecuador for example [269]. Where space is at a premium, or at the limits of their climatic range, apples can be grown against a wall. Most cultivars will grow well against a sunny south or west facing wall, an east facing wall will suit many of the tougher cultivars and even a north facing wall can be used for early culinary cultivars[219]. A hybrid of mixed origins, including M. dasyphylla, M. praecox, M. pumila, M. sieversii and M. sylvestris, this species is very commonly cultivated in temperate areas for its edible fruit[11]. There are very many named varieties[46, 183, 200] and with careful choice of these varieties it is possible to provide freshly harvested fruit from July to December and stored fruit for the rest of the year. When chives (Allium schoenoprasum) or other alliums are grown under apple trees it can prevent or cure scab[18]. A spray of the infused leaves of Equisetum spp can also be used against scab[18, 201]. If climbing nasturtiums (Tropaeolum majus) are grown into the tree they can repel woolly aphis[18, 201]. Apples lose their flavour if they are stored with potatoes[18]. They will also impart a bitter flavour to carrots or potatoes if they are stored in the same area[201]. Growing apples near potatoes makes the potatoes more susceptible to blight[201]. Wrapping maple leaves (Acer spp) around apples in store helps to preserve the apples[18, 20]. Apples store better if they are grown in a sward that contains a high percentage of clover[201]. Apple trees grow better and produce better quality fruit when foxgloves (Digitalis spp) and wallflowers (Erysimum cheiri) are growing in the orchard[201]. Dandelions (Taraxacum spp) produce ethylene gas and this can cause earlier ripening of fruit if plants are growing in an orchard[18]. The fruit is a good wildlife food source, especially for birds[200]. Hybridizes freely with other members of this genus[200]. Plants in this genus are notably susceptible to honey fungus[200].

# 3.0.2 Rosa rugosa

Ramanas Rose, Rugosa rose 3 tlin 9 cyuc 5 kcak 3 tcan 2 dwat 2 m hkuc hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Rosa rugosa is a deciduous Shrub growing to 2 m (6ft) by 2 m (6ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 2 and is not frost tender. It is in flower from June to August, and the seeds ripen from August to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly

alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil. The plant can tolerate maritime exposure.

pcista There is a layer of hairs around the seeds just beneath the flesh of the fruit. These hairs can cause irritation to the mouth and digestive tract if ingested.

kcakta Edible Parts: Flowers Fruit Seed StemEdible Uses: TeaFruit - raw or cooked[1, 2, 62]. They are very sweet and pleasant to eat, though it takes quite a bit of patience to eat any quantity[K]. The fruit is a fairly large size for a rose with a relatively thick layer of flesh[K]. The fruit is about 25mm in diameter[200]. Rich in vitamin C[3, 14], containing up to 2.75% dry weight[74]. Some care has to be taken when eating this fruit, see the notes above on known hazards. Flowers - raw or cooked[183]. An aromatic flavour, they are also used in jellies and preserves[74, 183]. Remove the bitter white base of the petals before using them. Young shoots - cooked and used as a potherb[183]. Harvested as they come through the ground in spring and are still ten-der. The seed is a good source of vitamin E, it can be ground into a powder and mixed with flour or added to other foods as a supplement[102, 183]. Be sure to remove the seed hairs[102]. A pleasant tasting fruity-flavoured tea is made from the fruit, it is rich in vitamin C[21]. A tea is also made from the leaves[218].

tcanta Hedge HedgeThe plant makes a good low hedge[1, 29]. It is very tolerant of maritime exposure, but is very bare in winter[K].

dwatta Cancer Hepatic Vitamin CThe leaves are used in the treatment of fevers[218]. The flowers act on the spleen and liver, promoting blood circulation[147, 218]. They are used internally in the treatment of poor appetite and digestion, and menstrual complaints arising from constrained liver energy[238]. The root is used in the treatment of coughs[218]. The fruit of many members of this genus is a very rich source of vitamins and minerals, especially in vitamins A, C and E, flavanoids and other bio-active compounds. It is also a fairly good source of essential fatty acids, which is fairly unusual for a fruit. It is being investigated as a food that is capable of reducing the incidence of cancer and also as a means of halting or reversing the growth of cancers[214].

nrakta E. Asia - N. China, Japan, Korea. Naturalized in several places in Britain[17], ksacta Sandy sea chores[58]

several places in Britain[17]. ksacta Sandy sea shores[58]. propta Seed. Rose seed often takes two years to germinate. This is because it may need a warm spell of weather after a cold spell in order to mature the embryo and reduce the seedcoat[80]. One possible way to reduce this time is to scarify the seed and then place it for 2 - 3 weeks in damp peat at a temperature of 27 - 32°c (by which time the seed should have imbibed). It is then kept at 3°c for the next 4 months by which time it should be starting to germinate[80]. Alternatively, it is possible that seed harvested 'green' (when it is fully developed but before it has dried on the plant) and sown immediately will germinate in the late winter. This method has not as yet(1988) been fully tested[80]. Seed sown as soon as it is ripe in a cold frame sometimes germinates in spring though it may take 18 months. Stored seed can be sown as early in the year as possible and stratified for 6 weeks at 5°c[200]. It may take 2 years to germinate[200]. Prick out the seedlings into individual pots when they are large enough to handle. Plant out in the summer if the plants are more than 25cm tall, otherwise grow on in a cold frame for the winter and plant out in late spring. Cuttings of half-ripe wood with a heel, July in a shaded frame. Overwinter the plants in the frame and plant out in late spring[78]. High percentage[78]. Cuttings of mature wood of the current seasons growth. Select pencil thick shoots in early autumn that are about 20 - 25cm long and plant them in a sheltered position outdoors or in a cold frame[78, 200]. The cuttings can take 12 months to establish but a high percentage of them normally succeed[78]. Division of suckers in the dormant season. Plant them out direct into their permanent positions. Layering. Takes 12 months[11].

nwatta Prefers a light well-drained soil but succeeds in most soils including dry ones[11, 14, 200]. Grows well in heavy clay soils[200]. Prefers a circumneutral soil and a sunny position[200]. Dislikes water-logged soils[200]. Tolerates maritime exposure[14, K]. Plants are said to withstand temperatures down to -50°c without damage[160]. The foliage is said to resist disease[11]. A very ornamental plant[1], it suckers freely but these are fairly easily controlled[K]. There are a number of named varieties[11]. 'Scabrosa' is

said to be larger in all its parts, including the fruit[200], though it has not proved to be much larger with us[K]. The flowers have a clove-like perfume[245]. Grows well with alliums, parsley, mignonette and lupins[18, 20]. Dislikes boxwood[18]. Garlic planted nearby can help protect the plant from disease and insect predation[18, 20]. Hybridizes freely with other members of this genus[80]. Plants in this genus are notably susceptible to honey fungus[200]. The plant is heat tolerant in zones 9 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a running thicket former forming a colony from shoots away from the crown spreading indefinitely [1-2]. The root pattern is suckering with new plants from underground runners away from the plant [1-2].

### 3.0.3 Hemerocallis fulva

Common Day Lily, Orange daylily, Tawny Daylily, Double

3 tlin 10 cyuc 5 kcak 2 tcan 2 dwat 1 m hkuc

hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli dyatxre7t hjonli

drutta Hemerocallis fulva is a PERENNIAL growing to 1 m (3ft 3in) by 1 m (3ft 3in) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from June to August. The species is hermaphrodite (has both male and female organs). The plant is not self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

pcista Large quantities of the leaves are said to be hallu-

cinogenic [127, 137]. Blanching the leaves removes this hallucinatory component [205]. (This report does not make clear what it means by blanching, it could be excluding light from the growing shoots or immersing in boiling water [K].) kcakta Edible Parts: Flowers Leaves Root Shoots Edi-

kcakta Edible Parts: Flowers Leaves Root ShootsEdible Uses: Leaves and young shoots - cooked[85, 116, 179, 183]. An asparagus or celery substitute. An excellent sweet tasting vegetable[179, K], though some caution is recommended[127, 137]. The leaves need to be eaten whilst still very young since they quickly become fibrous[K]. Flowers raw or cooked[62, 100]. The petals are thick and crunchy, making very pleasant eating raw, with a nice sweetness at the base because of the nectar[K]. The flowers can also be dried and used as a thickener in soups etc[62, 183]. In this case, they are picked when somewhat withered and closed[85]. A rich source of iron[218]. Flower buds - raw or cooked[62, 100, 105, 116]. A pea-like flavour[85]. Can be dried and used as a relish[178]. The dried flower contains about 9.3% protein. 25% fat!?, 60% carbohydrate (rich in sugar), 0.9% ash. It is rich in vitamin A[179]. Tubers - raw or cooked[183]. A nutty flavour[62]. Young tubers are best, though the central portion of older tubers is also good[85]. tcanta WeavingThe tough dried foliage is plaited into

tcanta WeavingThe tough dried foliage is plaited into cord and used for making footwear[205]. Plants form a spreading clump and are suitable for ground cover when spaced about 90cm apart each way[208]. The dead leaves should be left on the ground in the winter to ensure effective cover[208]. The cultivar 'Kwanso Flore Pleno' has been especially mentioned[208].

dwatta Anodyne Anthelmintic Antidote Antiemetic Antispasmodic Blood purifier Cancer Depurative Diuretic Febrifuge Laxative SedativeDiuretic, febrifuge, laxative (mild)[62, 178, 205]. The flowers are anodyne, antiemetic, antispasmodic, depurative, febrifuge and sedative[218]. In China they are used as an anodyne for women in child-birth[240]. An extract of the flowers is used as a blood purifier[240]. The rhizome has shown antimicrobial acivity, it is

also tuberculostatic and has an action against the parasitic worms that cause filariasis[279]. It is used in Korea to treat oppilation, jaundice, constipation and pneumonia[279]. The juice of the roots is an effective antidote in cases of arsenic poisoning[205]. The root also has a folk history of use in the treatment of cancer - extracts from the roots have shown antitumour activity[218]. A tea made from the boiled roots is used as a diuretic[205, 218].

nrakta Of uncertain origin. A garden escape in Britain. ksacta Common and widespread in the wild[205], probably as an escape from cultivation.

propta Seed - sow in the middle of spring in a greenhouse. Germination is usually fairly rapid and good. Prick out the seedlings into individual pots when they are large enough to handle. Grow the plants on for their first winter in a greenhouse and plant out in late spring[K]. Division in spring or after flowering in late summer or autumn[200]. Division is very quick and easy, succeeding at almost any time of the year[K]. Larger clumps can be replanted direct into their permanent positions, though it is best to pot up smaller clumps and grow them on in a cold frame until they are rooting well. Plant them out in the spring.

nwatta Landscape Uses:Border, Erosion control, Ground cover, Massing. Succeeds in most soils[1], including dry ones, though it prefers a rich moist soil[111] and a sunny position but tolerating partial shade[88, 111]. Plants flower less freely in a shady position though the flowers can last longer in such a position[205]. Grows well in heavy clay soils. Succeeds in short grass if the soil is moist[1]. Prefers a pH between 6 and 7[200]. This species is hardy to about -20°c[187]. Plants take a year or two to become established after being moved[200]. The roots have spindleshaped swellings and spread freely, the plant can become invasive[205]. A very ornamental plant[1], it is cultivated in China and Japan for its edible flowers and leaves, there are many named varieties[200]. Individual flowers are shortlived, opening in the morning and withering in the evening. The plant, however, produces a succession of flowers over a period of about 6 weeks[205]. The sterile cultivar 'Kwanzo' has double flowers, it has been especially mentioned for these flowers which are said to be crunchy with a nutty aftertaste[137]. 'Flore Pleno' is another form with doubleflowers that have a delicious taste[K]. The sterile cultivar 'Europa' is very vigorous, with long stolons, and each piece of root is capable of growing into a new plant[205]. This cultivar, which is the form usually supplied from nurseries, succeeds in lawns and has even been known to grow through tarmac[205]. Hybridizes freely with other members of this genus[200]. Many forms of this plant are sterile triploids, probably of garden origin, and do not set seed[205]. The pollen, however, is fertile and can be used to fertilize other plants[205]. The plants are very susceptible to slug and snail damage, the young growth in spring is especially at risk[200]. Special Features: Naturalizing, Attracts butterflies, Suitable for cut flowers, Attractive flowers or blooms. The plant is heat tolerant in zones 12 through 2. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a clumper with limited spread [1-2]. The root pattern is rhizomatous with underground stems sending roots and shoots along their length [1-2]. The root pattern is tuberous with swollen potato-like roots [1-2].

#### 3.0.4 Camassia quamash

Quamash, Small camas, Utah small camas, Walpole's small camas

3 tlin 7 cyuc 5 kcak 3 tcan 1 dwat 0.3 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli drutta Camassia quamash is a BULB growing to 0.3 m (1ft) by 0.2 m (0ft 8in). See above for USDA hardiness. It is hardy to UK zone 3 and is not frost tender. It is in flower from May to June, and the seeds ripen from July to August. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: RootEdible Uses: Bulb - raw or cooked[62, 95]. The bulb, which can be up to 5cm in diameter[270], has a mild, starchy flavour when eaten raw, but a gummy texture that reduces the enjoyment of it somewhat[K]. When cooked, however, it develops a delicious sweet flavour somewhat like sweet chestnuts[92], and is a highly nutritious food[2]. Excellent when slow baked, it can also be dried and made into a powder which can be used as a thickener in stews or mixed with cereal flours when making bread, cakes etc[K]. The bulbs can be boiled down to make a molasses, this was used on festival occasions by various Indian tribes[2, 183]. The bulbs can be harvested at any time of the year[85], but are probably best in early summer when the seeds are ripe[94]. One report says that the bulbs contain inulin (a starch that cannot be digested by humans) but that this breaks down when the bulb is cooked slowly to form the sugar fructose which is sweet and easily digested[256]. Quamash bulbs were a staple food of the N. American Indians[42, 92]. The tribes would move to the Quamash fields in the early autumn and, whilst some people harvested the bulbs, others would dig a pit, line it with boulders then fill it with wood and set fire to it. The fire would heat the boulders and the harvested bulbs would then be placed in the pit and the whole thing covered with earth and the bulbs left to cook slowly for 2 days. The pit would then be opened and the Indians would feast on the bulbs until they could no longer fit any more in their stomachs. Whatever was left would be dried and stored for winter use.

tcanta Notable Products: Nectar, pollen, edible bulb.
Attracts Wildlife - flowers attract beneficial insects. Grown as an ornamental plant.
dwatta Birthing aid OxytoxicA decoction of the roots has

been used to induce labour[257]. An infusion of the leaves has been used to treat vaginal bleeding after birth and to help expel the placenta[257].

nrakta Western N. America - Washington to California,

east to Montana and Utah. ksacta Coastal mountain forests and wet meadows inland[60, 62]. Marshy meadows in conferous forest, to 2300 metres[90].

propta Seed - best sown as soon as it is ripe in a cold

frame[134]. The seed can also be sown in a cold frame in spring[134]. It usually germinates in 1 - 6 months at 15°c, but it can be erratic[138]. Sow the seed thinly so that it does not need to be thinned and allow the seedlings to grow on undisturbed for their first year. Give an occasional liquid feed to ensure that the plants do not become nutrient deficient. When the plants are dormant in late summer, pot up the small bulbs putting 2 - 3 bulbs in each pot. Grow them on for another one or two years in a cold frame before planting them out when dormant in late summer. Offsets in late summer. The bulb has to be scored in order to produce offsets. nwatta Succeeds in almost any soil[42]. Grows well in

heavy clay soils. Prefers a rather heavy loam[1] that has plenty of moisture in spring but does not remain wet over the winter[138, 200]. Dislikes dry soils[200]. Prefers full sun but tolerates partial shade[138, 200]. The dormant bulbs are very hardy and will withstand soil temperatures down to at least -10°c[214]. Quamash is a very pretty flowering bulb that has quite a large potential as an edible ornamental plant[K]. It grows very well in the flower border but can also be naturalised in damp grass[134]. We are intending to grow it in a grassed-down orchard in our Cornish trial ground. The bulbs flower in late spring and early summer and have completely died down by early July so they do not interfere with harvesting the apple crop. The grass in the orchard will be cut in early spring before the quamash comes into growth, but will not be cut again until July. The bulbs will be harvested at any time from July to December and, since it is impossible to find all the bulbs, it is hoped that those remaining will be able to increase and supply bulbs for future years[K]. A polymorphic and very ornamental plant[1], there are some named varieties[200]. The subspecies C. quamash maxima has larger bulbs than the type, up to 65mm in diameter[270]. A good bee plant[108]. This species can be confused with certain poisonous bulbs in the genus Zigadenus[85]. Plant the bulbs 7 - 10cm deep in early autumn and then leave undisturbed[1]. The plant is heat tolerant in zones 12 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the aboveground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a runner spreading indefinitely by rhizomes or stolons [1-2]. Ephemeral emerging in spring and dying back by summer every year [1-2]. The root pattern is a bulb.

# 3.0.5 Pyrus ussuriensis Harbin Pear, Chinese pear, Ussurian Pear

3 tlin 7 cyuc 4 kcak 2 tcan 0 dwat 15 m hkuc

hmimhtut cyutli hgattcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli drutta Pyrus ussuriensis is a deciduous Tree growing to 15 m (49ft 3in) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower in April, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers welldrained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can

spheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[183]. Size and quality varies tremendously from tree to tree. Good forms have somewhat dry but pleasantly flavoured fruits up to 4cm in diameter, other forms are less pleasant and often smaller[K].

grow in semi-shade (light woodland) or no shade. It prefers

moist soil and can tolerate drought. It can tolerate atmo-

tcanta Rootstock WoodUsed as a rootstock[183] for P. pyrifolia culta in Korea[151], it is very frost resistant[74].

nrakta E. Asia - N.E. China, Korea. ksacta Forests and river valleys in lower mountain zones[74].

propta Seed - best sown in a cold frame as soon as it is ripe in the autumn, it will then usually germinate in mid to late winter. Stored seed requires 8 - 10 weeks cold stratification at 1°c and should be sown as early in the year as possible[200]. Temperatures over 15 - 20°c induce a secondary dormancy in the seed[200]. Prick out the seedlings into individual pots when they are large enough to handle and grow them on in light shade in a cold frame or greenhouse for their first year. Plant them out in late spring or early summer of the following year.

nwatta Prefers a good well-drained loam in full sun[200]. Grows well in heavy clay soils. Tolerates light shade but does not fruit so well in such a position. Tolerates atmospheric pollution, excessive moisture and a range of soil types if they are moderately fertile[200]. Established plants are drought tolerant[200]. A very frost resistant tree[74], tolerating temperatures down to below -15°[200], it is a possible rootstock for northern areas[74]. It is used as a rootstock for P. pyrifolia culta in Korea. This species is a parent of the cultivated Asian pears[200]. Special Features:Not North American native, Blooms are very show.

#### 3.0.6 Malus prunifolia

Chinese Apple, Plumleaf crab apple 3 tlin 7 cyuc 4 kcak 0 tcan 0 dwat 8 m hkuc hmimhtut cyutli hgattcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Malus prunifolia is a deciduous Tree growing to 8 m (26ft) by 8 m (26ft). See above for USDA hardiness.

It is hardy to UK zone 3 and is not frost tender. It is in flower from April to May, and the seeds ripen in October. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil and can tolerate drought.

pcista All members of this genus contain the toxin hydrogen cyanide in their seeds and possibly also in their leaves, but not in their fruits. Hydrogen cyanide is the substance that gives almonds their characteristic taste but it should only be consumed in very small quantities. Apple seeds do not normally contain very high quantities of hydrogen cyanide but, even so, should not be consumed in very large quantities. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[183]. A bitter flavour[K]. Fruits we have tasted have been astringent rather than bitter, though some cultivars and forms are not at all bitter. A fruit of the species, tasted at Kew in October 1991, had a sweet pleasant taste, was mealy and flow acidity[K]. The fruit can be used fresh or in preserves etc. The fruit is about 20mm in diameter[200], though some forms are considerably larger[K].

tcanta RootstockThis species is an excellent stock for

grafting apple trees[266].

nrakta E. Asia - northern China. ksacta Slopesand plains from sea level to 1300 metres[266].

propta Seed - best sown as soon as it is ripe in the autumn in a cold frame. It usually germinates in late winter. Stored seed requires stratification for 3 months at  $1^{\circ}c$  and should be sown in a cold frame as soon as it is received[200]. It might not germinate for 12 months or more. Prick out the seedlings into individual pots as soon as they are large enough to handle. If given a rich compost they usually grow away quickly and can be large enough to plant out in late summer, though consider giving them some protection from the cold in their first winter. Otherwise, keep them in pots in a cold frame and plant them out in late spring of the following year. Cuttings of mature wood, November in a frame[11].

nwatta An easily grown plant, it succeeds in most fertile soils, preferring a moisture retentive well-drained loamy soil[1, 200]. Grows well in heavy clay soils. Prefers a sunny position but succeeds in partial shade though it fruits less well in such a situation[200]. Highly resistant to frost and drought, this species is being used to a limited extent in breeding programmes for cultivated apples[183]. The cultivar 'Hyslop' has edible fruits 4cm in diameter[200]. Hybridizes freely with other members of this genus[200]. The fruit is a good wildlife food source, especially for birds[200]. Plants in this genus are notably susceptible to honey fungus[200].

# 3.0.7 Malus pumila

Paradise Apple, Common Apple, Apple Tree 3 tlin 9 cyuc 4 kcak 3 tcan 2 dwat 7 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Malus pumila is a deciduous Tree growing to 7 m (23ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 3 and is not frost tender. It is in flower in April. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista All members of this genus contain the toxin hydrogen cyanide in their seeds and possibly also in their leaves, but not in their fruits. Hydrogen cyanide is the substance that gives almonds their characteristic taste but it should only be consumed in very small quantities. Apple seeds do not normally contain very high quantities of hydrogen cyanide but, even so, should not be consumed in very large

quantities. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even

kcakta Edible Parts: FruitEdible Uses: Fruit - raw, cooked in pies, cakes etc or fermented into cider[183]. The taste can be sweet and pleasant. The fruit can be up to 6cm in diameter[200].

tcanta Dye Rootstock WoodUsed as a rootstock for the cultivated apples, there are several named varieties[50]. A yellow dye is obtained from the bark[257]. A dynamic accumulator gathering minerals or nutrients from the soil and storing them in a more bioavailable form - used as fertilizer or to improve mulch. Landscape Uses: Container, Espalier, Specimen. dwatta Anthelmintic Antibacterial Bach Hypnotic Re-

frigerantThe bark, and especially the root bark, is anthelmintic, refrigerant and soporific[218, 240]. An infusion is used in the treatment of intermittent, remittent and bilious fevers[240]. The fruit is said to dispel gas, dissolve mucous, cure flux and be a tonic for anaemia, bilious disorders and colic[218]. The leaves contain up to 2.4% of an antibacterial substance called 'phloretin'[240]. This inhibits the growth of a number of gram-positive and gram-negative bacteria in as low a concentration as 30 ppm[240]. The plant is used in Bach flower remedies - the keywords for prescribing it are 'The cleansing remedy', 'Despondency' and 'Despair'[209].

nrakta Europe, including Britain, from Scandanavia south and east to Spain, Greece and S.W. Asia. ksacta Not known in a truly wild situation[74]. propta Seed - best sown as soon as it is ripe in the au-

tumn in a cold frame. It usually germinates in late winter. Stored seed requires stratification for 3 months at 1°c and should be sown in a cold frame as soon as it is received[200]. It might not germinate for 12 months or more. Prick out the seedlings into individual pots as soon as they are large enough to handle. If given a rich compost they usually grow away quickly and can be large enough to plant out in late summer, though consider giving them some protection from the cold in their first winter. Otherwise, keep them in pots in a cold frame and plant them out in late spring of the following year. Cuttings of mature wood, November in a frame[11]. nwatta An overstory and understory tree (can grow and

fruit in some shade). An easily grown plant, it succeeds in most fertile soils, preferring a moisture retentive well-drained loamy soil[1, 200]. Grows well in heavy clay soils. Prefers a sunny position but succeeds in partial shade though it fruits less well in such a situation[1, 200]. A parent of the cultivated apple[200], it is occasionally cultivated for its edible fruit and also as a dwarfing rootstock[50]. There are some named forms[200]. The fruit is a good wildlife food source, especially for birds[200]. Hybridizes freely with other members of this genus[200]. Plants in this genus are notably susceptible to honey fungus[200]. Special Features:Attracts birds, Not North American native, Attractive flowers or blooms. For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a standard with a non-suckering single trunk [1-2]. The root pattern is flat with shallow roots forming a plate near the soil surface [1-2].

# 3.0.8 Sambucus nigra spp canaden-

American Elder

3 tlin 9 cyuc 4 kcak 3 tcan 3 dwat 4 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatprikl-

wis hpa7tmwatli xre7t hjonli

drutta Sambucus nigra spp canadensis is a deciduous Shrub growing to 4 m (13ft) by 4 m (13ft) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 3. It is in flower in July, and the seeds ripen in September. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no

shade. It prefers moist soil. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric

pcista The leaves and stems of this species are poisonous[9, 76]. The fruit has been known to cause stomach upsets to some people[65, 76]. The unripe fruit contains a toxic alkaloid and cyanogenic glycosides[274]. Any toxin the fruit might contain is liable to be of very low toxicity and is destroyed when the fruit is cooked[65, 76]. kcakta Edible Parts: Flowers Fruit ShootsEdible Uses:

Drink TeaFruit - raw or cooked[2, 3, 55, 85, 257]. A bittersweet flavour, the fruits are about 5mm in diameter and are borne in large clusters[200, 227]. They are at their best after being dried[62], the fresh raw fruit has a rather rank taste[101]. The fruit is normally cooked and used in pies, jams, jellies, sauces, bread etc[62, 159, 183]. Rich in vitamin C[183]. Some caution is advised, see notes above on toxicity. Flowers - raw or cooked. They are often covered in batter and made into fritters[105]. The flowers can be picked when unopened, pickled and then used as a flavouring in candies etc[149, 227]. They can also be soaked in water to make a drink[149]. A pleasant tasting tea is made from the dried flowers[21, 159, 183, 257]. Young shoots are said to be edible when cooked and to be used as an asparagus substitute[55, 105] though, since the leaves are also said to be poisonous, this report should be viewed with some doubt.

tcanta Compost Dye Hedge Insecticide Musical Pipes Plant breeding RepellentAgroforestry Uses: When grown near a compost heap, the root activity of this plant encourages fermentation in the compost heap[18]. Other Uses: The leaves and inner bark of young shoots are used as an insect repellent[6, 101, 149, 159, 257], the dried flowering shoots are said to repel insects and rodents[101]. A decoction of the leaves can be used as an insecticide[201]. It is prepared by boiling 3 - 4 handfuls of leaves in a litre of water, then straining and allowing to cool before applying. Effective against many insects, it also treats various fungal infections such as leaf rot and powdery mildew[201]. A black dye is obtained from the bark[149]. When grown near a compost heap, the root activity of this plant encourages fermentation in the compost heap[18]. The stems can be easily hollowed out to be used as drains in tapping the sap from trees such as the Sugar Maples (Acer spp). the stems can also be used as whistles and flutes[149, 159].

dwatta Antidiarrhoeal Antiseptic Cholera Diaphoretic Diuretic Emetic Febrifuge Kidney Laxative Poultice Purgative Skin Stimulant Vitamin CAmerican elder was widely employed as a medicinal herb by many native North American tribes who used it to treat a wide range of complaints[257]. It is still commonly used as a domestic remedy. A tea made from the inner bark and root bark is diuretic, emetic and a strong laxative[222, 257]. A tea made from the root bark is used to promote labour in childbirth and in treating headaches, kidney problems and mucous congestion[21, 257]. The inner bark is also applied as a poultice to cuts, sore or swollen limbs etc in order to relieve pain and swelling[222, 257]. A poultice of the leaves is applied to bruises and to cuts in order to stop the bleeding[222]. An infusion of the leaf buds is strongly purgative[21]. Elder flowers are stimulant, diaphoretic and diuretic[213, 257]. A warm tea of the flowers is stimulant and induces sweating, taken cold it is diuretic[21]. It is used in the treatment of fevers and infant colic[257]. An infusion of the leaves and flowers is used as an antiseptic wash for skin problems, wounds etc[21]. The fresh juice of the fruit, evaporated into a syrup, is laxative. It also makes a good ointment for treating burns when mixed with an oily base[21]. The dried fruit can be made into a tea that is useful in the treatment of cholera and diarrhoea[21]. Some caution should be exercised if using any part of the plant fresh since it can cause poisoning[21]. nrakta Eastern N. America - Nova Scotia to Florida, west

to Manitoba and Texas. ksacta Rich moist soils along streams and rivers, woodland margins and waste ground[229].

propta Seed - best sown as soon as it is ripe in the autumn in a cold frame, when it should germinate in early spring. Stored seed can be sown in the spring in a cold frame but will probably germinate better if it is given 2 months warm followed by 2 months cold stratification first[78, 98, 113]. Prick out the seedlings into individual pots when they are large enough to handle. If good growth is made, the young plants can be placed in their permanent positions during the early summer. Otherwise, either put them in a sheltered nursery bed, or keep them in their pots in a sheltered position and plant them out in spring of the following year. Cuttings of half-ripe wood, 7 - 10cm with a heel, July/August in a frame[78]. Cuttings of mature wood of the current season's growth, 15 - 20cm with a heel, late autumn in a frame or a sheltered outdoor bed[78]. Division of suckers in the dormant season.

Crop: Dye Industrial Crop: Medicinal Management: Standard Regional CropTolerates most soils, chalk[200], but prefers a moist loamy soil[11, 200]. Grows well in heavy clay soils. Tolerates some shade but is best in a sunny position[1]. Tolerates atmospheric pollution and coastal situations[200]. A very hardy plant, when dormant it tolerates temperatures down to about -34°c[200]. The flowers have a muscatel smell[245]. A fast-growing but short-lived plant[229], it often forms thickets by means of root suckers[200]. It is occasionally cultivated for its edible fruit, there are several named varieties[183], though these have mainly been developed for their ornamental value[182]. Yields of up to 7kg of fruit per tree have been recorded[160]. Plants in this genus are notably resistant to honey fungus[200]. The plant is heat tolerant in zones 9 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is multistemmed with multiple stems from the crown [1-2]. The root pattern is flat with shallow roots forming a plate near the soil surface [1-2]. The root pattern is suckering with new plants from underground runners away from the plant [1-2].

#### 3.0.9 Rheum x cultorum

Rhubarb

3 tlin 7 cyuc 4 kcak 2 tcan 3 dwat 1.5 m hkuc hmimhtut cyutli tcup hwicli jlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Rheum x cultorum is a PERENNIAL growing to 1.5 m (5ft). See above for USDA hardiness. It is hardy to UK zone 3. It is in leaf from February to October, in flower in June, and the seeds ripen from July to August. The species is hermaphrodite (has both male and female organs) and is pollinated by Wind. Suitable for: medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista The leaves contain high concentrations of oxalic acid[34, 76]. Oxalic acid can lock up certain minerals (especially calcium) in the body, leading to nutritional deficiency. Cooking the plant will reduce the concentration of oxalic acid. Another report says that the leaves have the same concentration of oxalic acid in the stems as they do in the leaves and it is not the oxalic acid that makes them poisonous. It says that any toxic properties of the leaves is more likely to be due to the presence of glycosides[142]. People with a tendency to rheumatism, arthritis, gout, kidney stones or hyperacidity should take especial caution if including this plant in their diet since it can aggravate their condition[238].

kcakta Edible Parts: Flowers StemEdible Uses: Colouring RutinLeaf stem - raw or cooked[1, 2, 46, 105, 200]. An acid taste, it is used as a fruit substitute in spring, usually stewed with sugar and used in pies, jams etc[183]. The juice strained from stewed rhubarb can add colour and flavour to a fruit punch[183]. It is best not to eat large quantities of the stems because of their oxalic acid content - see the notes above on toxicity. Immature flowers - cooked and used like cauliflower[183]. One report says that the plant contains 0.7% rutin[240]. It does not specify which part of the plant, though it is likely to be the leaves[K].

tcanta InsecticideThe leaves can be simmered in hot water to make an insecticide.

dwatta Anticholesterolemic Antiseptic Antispasmodic Antitumor Aperient Astringent Cholagogue Demulcent Diuretic Homeopathy Laxative Purgative Stomachic TonicThe roots of many members of this genus are used medicinally. Whilst R. palmatum is the main species used in China, we nwatta Agroforestry Services: Contour hedgerow Industrialiave a report that this species (which has probably been derived from it through cultivation) is used in Korea[279]. The uses of R. palmatum are as follows:- Chinese rhubarb, called Da Huang in China, has a long and proven history of herbal usage, its main effect being a positive and balancing effect upon the whole digestive system. It is one of the most widely used herbs in Chinese medicine[238]. It has a safe and gentle action, safe even for children to use[254]. The plant is also part of a North American formula called essiac which is a popular treatment for cancer. Its effectiveness has never been reliably proven or disproven since controlled studies have not been carried out. The other herbs included in the formula are Arctium lappa, Ulmus rubra and Rumex acetosella[254]. The root is anticholesterolemic, antiseptic, antispasmodic, antitumor, aperient, astringent, cholagogue, demulcent, diuretic, laxative, purgative, stomachic and tonic[4, 7, 9, 21, 91, 171, 176, 238]. The roots contain anthraquinones, which have a purgative effect, and also tannins and bitters, which have an opposite astringent effect[244]. When taken in small doses, it acts as an astringent tonic to the digestive system, whilst larger doses act as a mild laxative[232, 244]. The root is taken internally in the treatment of chronic constipation, diarrhoea, liver and gall bladder complaints, haemorrhoids, menstrual problems and skin eruptions due to an accumulation of toxins[238]. This remedy is not prescribed for pregnant or lactating women, nor for patients with intestinal obstruction[238]. Externally, the root is used in the treatment of burns[238]. The roots are harvested in October from plants that are at least six years old, they are then dried for later use[4]. A homeopathic remedy is prepared from the dried root[232]. This is used especially in the treatment of diarrhoea in teething children[232].

nrakta E. Asia - Siberia. ksacta Steppe, sparse woods and sandy soils[74].

propta Seed - best sown in autumn in a shaded cold frame[200]. The seed can also be sown in spring in a cold frame. When large enough to handle, prick the seedlings out into individual pots and grow them on in the greenhouse or cold frame for their first winter, planting them out in the spring. This species is a hybrid and will not necessarily breed true to type from seed. However, this does give the opportunity to look for superior plants from amongst the seedlings. Division in early spring or autumn[1, 111]. Divide up the rootstock with a sharp spade or knife, making sure that there is at least one growth bud on each division. Larger divisions can be planted out direct into their permanent positions. We have found that it is better to pot up the smaller divisions and grow them on in light shade in a cold frame until they are well established before planting them out in late spring or early summer.

nwatta A very easily grown plant, tolerant of considerable neglect, it prefers a deep, fertile, moderately heavy, humus rich, moisture retentive, well-drained soil in sun or semi-shade[200, 264]. It succeeds in most soils provided the drainage is good[200] and will grow in the dappled shade of trees so long as there is sufficient side light[K]. It grows well in heavy clay soils. Tolerates acid conditions but prefers a pH in the range 6.5 to 7[200]. Plants are very cold hardy, tolerating temperatures down to at least -20°c[200]. The plant does not like hot summers, however, and is likely to die in warmer climates[264]. Rhubarb is a long-lived and almost indestructible perennial plant[264]. It is often cultivated for its edible leaf stems, there are many named varieties[74, 183]. Most cultivars produce edible stems from spring to early summer, though 'Glaskin's Perpetual' can be harvested throughout the summer. By digging up the roots in the autumn and exposing them to frost, earlier growth will be initiated. These roots can then be transferred to a cold frame or other protected area where they will produce their edible stems in late winter. It is also possible to produce earlier crops outdoors by covering the plants with a layer of straw and an upturned bucket. This species is probably of hybrid origin, R. rhaponticum x R. palmatum[200]. It hybridizes freely with other members of the genus[200]. Plants in this genus seem to be immune to the predations of rabbits[233]. For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a clumper with limited spread [1-2]. The root pattern is fibrous dividing into a large number of fine roots [1-2].

#### 3.0.10 Camassia leichtlinii

Wild Hyacinth, Large camas, Suksdorf's large camas 3 tlin 7 cyuc 4 kcak 0 tcan 0 dwat 1 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Camassia leichtlinii is a BULB growing to 1 m (3ft 3in) by 0.2 m (0ft 8in). See above for USDA hardiness. It is hardy to UK zone 3 and is not frost tender. It is in leaf from March to August, in flower from June to July, and the seeds ripen in July. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: RootEdible Uses: Bulb - raw or cooked[94, 105, 177]. The bulb is about 3cm in diameter[270], eaten raw it has a mild, starchy flavour, but a gummy texture that reduces the enjoyment of it somewhat[K]. It is excellent when slow baked, however, developing a sweet flavour and making a very good potato substitute[183, 256, K]. The cooked bulb can also be dried for later use[183] or ground into a powder and used as a thickener in soups or as an additive to cereal flours when making bread, cakes etc[161]. The bulbs can be boiled down to make a molasses, this was used on festival occasions by various Indian tribes[183]. One report says that the bulbs contain inulin (a starch that cannot be digested by humans) but that this breaks down when the bulb is cooked slowly to form the sugar fructose which is sweet and easily digested[256].

nrakta Western N. America - British Columbia to S. California. ksacta Meadows, prairies and hillsides that are moist, at least in early spring.

propta Seed - best sown as soon as it is ripe in a cold frame[134]. The seed can also be sown in a cold frame in spring[134]. It usually germinates in 1 - 6 months at 15°c, but it can be erratic[138]. Sow the seed thinly so that it does not need to be thinned and allow the seedlings to grow on undisturbed for their first year. Give an occasional liquid feed to ensure that the plants do not become nutrient deficient. When the plants are dormant in late summer, pot up the small bulbs putting 2 - 3 bulbs in each pot. Grow them on for another one or two years in a cold frame before planting them out when dormant in late summer. Offsets in late summer. The bulb has to be scored in order to produce offsets.

nwatta A very easily grown plant, it succeeds in almost any soil[42] and is tolerant of considerable neglect once it is established[K]. Grows well in heavy clay soils. Prefers a rather heavy loam[1] that has plenty of moisture in spring but does not remain wet over the winter[138, 200]. Dislikes dry soils[200]. Prefers full sun but tolerates partial shade[138, 200]. A very ornamental plant[1], there are many named varieties[200]. Plants often self-sow[K]. A good bee plant[108]. Plants can be naturalized in damp grass, this should not be trimmed until mid to late summer when the bulbs have flowered and the leaves have died down[134]. This species can be confused with certain poisonous bulbs in the genus Zigadenus[85]. Plant the bulbs 7 - 10cm deep in early autumn and then leave undisturbed[1]. The bulbs should be planted about 20cm deep[233]. The plant is heat tolerant in zones 12 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the aboveground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a

runner spreading indefinitely by rhizomes or stolons [1-2]. Ephemeral emerging in spring and dying back by summer every year [1-2]. The root pattern is a bulb.

## 3.0.11 Mentha x piperita vulgaris

Black Peppermint

3 tlin 7 cyuc 4 kcak 3 tcan 5 dwat 0.5 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Mentha x piperita vulgaris is a PERENNIAL growing to 0.5 m (1ft 8in) by 1 m (3ft 3in). See above for USDA hardiness. It is hardy to UK zone 3 and is not frost tender. It is in flower from August to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista In large quantities this plant, especially in the form of the extracted essential oil, can cause abortions so should not be used by pregnant women.

kcakta Edible Parts: LeavesEdible Uses: Condiment TeaLeaves - raw or cooked. A strong peppermint flavour, they are used as a flavouring in salads or cooked foods[2, 27, 105]. This plant should not be used by pregnant women, see the notes above on toxicity. An essential oil from the leaves and flowers is used as a flavouring in sweets, chewing gum, ice cream etc[183]. A herb tea is made from the fresh or dried leaves[21, 183].

tcanta Essential Repellent StrewingAn essential oil is obtained from the whole plant. It is used medicinally and as a food flavouring[2, 46, 57].. It is also an ingredient of oral hygiene preparations, toiletries etc[238]. Peppermint leaves are used as an ingredient of pot-pourri[238]. They were formerly used as a strewing herb[14]. The plant repels insects, rats etc[14, 18, 20]. Rats and mice intensely dislike the smell of mint. The plant was therefore used in homes as a strewing herb and has also been spread in granaries to keep the rodents off the grain[244]. Dynamic accumulator.

dwatta Abortifacient Anodyne Antiseptic Antispasmodic Aromatherapy Carminative Cholagogue Diaphoretic Refrigerant Stomachic Tonic VasodilatorBlack peppermint is a very important and commonly used herbal remedy, being employed by allopathic doctors as well as herbalists[9]. It is also widely used as a domestic remedy. This cultivar is considered to be stronger acting than white peppermint (Mentha x piperita officinalis). A tea made from the leaves has traditionally been used in the treatment of fevers, headaches, digestive disorders (especially flatulence) and various minor ailments[222, 238]. The herb is abortifacient, anodyne, antiseptic, antispasmodic, carminative, cholagogue, diaphoretic, refrigerant, stomachic, tonic and vasodilator[4, 9, 21, 165, 238]. An infusion is used in the treatment of irritable bowel syndrome, digestive problems, spastic colon etc[254]. Externally a lotion is applied to the skin to relieve pain and reduce sensitivity[254]. The leaves and stems can be used fresh or dried, they are harvested for drying in August as the flowers start to open[4]. The essential oil in the leaves is antiseptic and strongly antibacterial, though it is toxic in large doses[222, 254]. When diluted it can be used as an inhalant and chest rub for respiratory infections[254]. The essential oil is used in aromatherapy. Its keyword is 'Cooling'[210].

nrakta Britain. ksacta A natural hybrid, M. aquatica x M. spicata, found in moist soils in ditches, waste places etc[9]. propta Seed - sow spring in a cold frame. Germination is usually fairly quick. Prick out the seedlings into individual pots when they are large enough to handle and plant them out in the summer. Mentha species are very prone to hybridisation and so the seed cannot be relied on to breed true. Even without hybridisation, seedlings will not be uniform and so the content of medicinal oils etc will vary. When growing plants with a particular aroma it is best to propagate them by division[K]. Division can be easily carried out at almost any time of the year, though it is probably best done in the spring or autumn to allow the plant to establish more quickly. Virtually any part of the root is capable of growing into a new plant. Larger divisions can be planted out direct into their permanent positions. However, for maximum increase it is possible to divide the roots up into sections no more than 3cm long and pot these up in light shade in a cold frame. They will quickly become established and can be planted out in the summer.

nwatta Succeeds in most soils and situations so long as the soil is not too dry[1, 200]. Grows well in heavy clay soils. A sunny position is best for the production of essential oils, but plants also succeed in partial shade. Prefers a slightly acid soil[16]. A commonly grown herb[4], it is often cultivated commercially for its essential oil[61]. This is the black form of peppermint and it is said to produce a superior essential oil, making it the preferred choice as a food flavouring and for medicinal purposes. The oil is of better quality when the plant is grown on dry soils[115]. Most mints have fairly aggressive spreading roots and, unless you have the space to let them roam, they need to be restrained by some means such as planting them in containers that are buried in the soil[K]. Hybridizes freely with other members of this genus. The flowers are very attractive to bees and butterflies[24]. A good companion for growing near cabbages and tomatoes, helping to keep them free of insect pests[20]. Members of this genus are rarely if ever troubled by browsing deer[233].

# 3.0.12 Mentha spicata

Spearmint

3 tlin 9 cyuc 4 kcak 3 tcan 3 dwat 0.6 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Mentha spicata is a PERENNIAL growing to 0.6 m (2ft) by 1 m (3ft 3in). See above for USDA hardiness. It is hardy to UK zone 3 and is not frost tender. It is in flower from August to September, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista Although no records of toxicity have been seen for this species, large quantities of some members of this genus, especially when taken in the form of the extracted essential oil, can cause abortions so some caution is advised.

kcakta Edible Parts: LeavesEdible Uses: Condiment TeaLeaves - raw or cooked. A strong spearmint flavour, they are used as a flavouring in salads or cooked foods[2, 4, 5, 183]. The leaves are often used in 'mint sauce', which is used as a flavouring in meals[238]. A herb tea is made from the fresh or dried leaves[21, 183]. It has a very pleasant and refreshing taste of spearmint, leaving the mouth and digestive system feeling clean[K]. An essential oil from the leaves and flowers is used as a flavouring in sweets, ice cream, drinks etc[46, 57, 183]. A spearmint flavour[183].

tcanta Essential Repellent StrewingAn essential oil is obtained from the whole plant, the yield is about 4K of oil from 1 tonne of leaves[46, 57]. The oil is used commercially as a food flavouring and oral hygiene preparation[238]. The plant repels insects and was formerly used as an strewing herb[14, 18, 20]. Rats and mice intensely dislike the smell of mint. The plant was therefore used in homes as a strewing herb and has also been spread in granaries to keep the rodents off the grain[244].

dwatta Antiemetic Antiseptic Antispasmodic Cancer Carminative Diuretic Poultice Restorative Stimulant StomachicSpearmint is a commonly used domestic herbal remedy. A tea made from the leaves has traditionally been used in the treatment of fevers, headaches, digestive disorders and various minor ailments[222]. The herb is antiemetic, antispasmodic, carminative, diuretic, restorative, stimulant and stomachic[4, 21, 46, 218]. The leaves should be harvested when the plant is just coming into flower, and can be dried for later use[4]. The stems are macerated and used as a poultice on bruises[218]. The essential oil in the leaves is antiseptic, though it is toxic in large doses[222]. Both the essential oil and the stems are used in folk remedies for cancer[218]. A poultice prepared from the leaves is said to remedy tumours[218].

nrakta C. Europe. Naturalized in Britain. ksacta Roadsides and waste places, usually in damp soils and sunny positions[4, 16, 17, 37].

propta Seed - sow spring in a cold frame. Germination is usually fairly quick. Prick out the seedlings into individual pots when they are large enough to handle and plant them out in the summer. Mentha species are very prone to hybridisation and so the seed cannot be relied on to breed true. Even without hybridisation, seedlings will not be uniform and so the content of medicinal oils etc will vary. When growing plants with a particular aroma it is best to propagate them by division[K]. Division can be easily carried out at almost any time of the year, though it is probably best done in the spring or autumn to allow the plant to establish more quickly. Virtually any part of the root is capable of growing into a new plant. Larger divisions can be planted out direct into their permanent positions. However, for maximum increase it is possible to divide the roots up into sections no more than 3cm long and pot these up in light shade in a cold frame. They will quickly become established and can be planted out in the summer.

nwatta A very easily grown plant, it succeeds in most soils and situations so long as the soil is not too dry[200]. Grows well in heavy clay soils. A sunny position is best for production of essential oils, but it also succeeds in partial shade[4]. Prefers partial shade and a slightly acid soil[4, 16]. Often grown as a culinary herb in the herb garden, spearmint is also commercially cultivated for its essential oil, the yields are about 3.5 to 4.5 kilos per tonne of leaves. There are some named varieties[200, 238]. Most mints have fairly aggressive spreading roots and, unless you have the space to let them roam, they need to be restrained by some means such as planting them in containers that are buried in the soil[K]. Hybridizes freely with other members of this genus. The whole plant has a strong spearmint smell. The flowers are very attractive to bees and butterflies[24]. A good companion plant for growing near cabbages and tomatoes, helping to keep them free of insect pests[14, 20]. Members of this genus are rarely if ever troubled by browsing deer[233]. The plant is heat tolerant in zones 7 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a runner spreading indefinitely by rhizomes or stolons [1-2]. The root pattern is rhizomatous with underground stems sending roots and shoots along their length [1-2]. The root pattern is stoloniferous rooting from creeping stems above the ground [1-2]. Can be grown in containers.

# 3.0.13 Brassica oleracea botrytis

Cauliflower

3 tlin 10 cyuc 4 kcak 3 tcan 0 dwat 0.8 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Brassica oleracea botrytis is a BIENNIAL growing to 0.8 m (2ft 7in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from May to August, and the seeds ripen from July to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerate maritime exposure.

kcakta Edible Parts: Flowers LeavesEdible Uses: Immature flowering head - raw or cooked[1, 16, 37, 46]. A mild cabbage-like flavour, they make an excellent cooked vegetable and are also very acceptable in salads[K]. By careful selection of cultivars, it is possible to produce flowering heads all year round[K]. Leaves - cooked[37]. A mild cabbage flavour, they make a good cooked vegetable[K]. Do not over-

harvest them, however, since this would adversely affect the production of the flowering head[K].

tcanta Companion FungicideAn extract of the seeds inactivates the bacteria that causes black rot[20, 201]. Grows well with celery and other aromatic plants since these seem to deter insect predations[18, 20, 201]. Grows badly with beet, tomatoes, onions and strawberries[20, 201].

nrakta A cultivated form of B. oleracea. ksacta Not known in the wild. propta Seed - sow in a seedbed outdoors in April to June

depending on the cultivar. Plant out into their permanent position when the plants are 5 - 10cm tall. Seed of some cultivars can be sown in late winter in a greenhouse in order to obtain a harvest in early summer. Do not let the seedlings get overcrowded or they will soon become leggy and will not make such good plants. If your seedlings do get leggy, it is possible to plant them rather deeper into the soil - the buried stems will soon form roots and the plant will be better supported.

Nwatta Succeeds in full sun in a well-drained moisture-

retentive fertile soil with plenty of lime[37, 200, 264]. Cauliflowers, especially the winter and spring maturing types, should not be given a soil that is too rich in nitrogen since this can encourage soft, sappy growth that is more susceptible to winter cold damage[264]. Prefers a heavy soil[16]. Requires a warm sunny position[16]. Prefers a pH in the range 6 to 7[200], though it tolerates a pH in the range 4.3 to 8.3. Succeeds in maritime gardens[200]. Lack of moisture in the growing season can cause the plant to produce small or deformed curds[264]. Summer varieties are not very cold hardy and will be damaged by light frosts, winter cauliflower plants are more hardy and will tolerate temperatures down to about -6°c, though the curds are more sensitive and can suffer damage at about -2°c[200]. This damage can often be prevented by bending over the leaves so that they cover the curd. Cauliflowers are widely grown for their edible immature flower heads (or curd). There are many named varieties and, by careful selection, it is possible to provide a year round supply. The summer and autumn maturing cul-tivars are annuals, they need to produce a certain number of leaves before curd development will be initiated. The optimum temperature for this is around 17°c, but at temperatures above 20°c the curds will either be of poor quality or not be produced at all[200]. Winter and spring maturing forms are biennial and need exposure to temperatures below 10°c before they will produce curds and once again, this will not happen unless the plant has reached a certain size [200]. Grows well with celery and other aromatic plants since these seem to deter insect predations[18, 20, 201]. Grows badly with beet, tomatoes, onions and strawberries[20, 201].

# 3.0.14 Acer saccharinum

Silver Maple, River Maple, Soft Maple 3 tlin 9 cyuc 3 kcak 4 tcan 1 dwat 30 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

wish npa/tmwath xre/t njohi drutta Acer saccharinum is a deciduous Tree growing to 30 m (98ft) by 15 m (49ft) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 3. It is in flower from February to March, and the seeds ripen from April to June. The species is hermaphrodite (has both male and female organs) and is pollinated by Wind. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow

June. The species is hermaphrodite (has both male and female organs) and is pollinated by Wind. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: Inner bark Leaves Sap SeedEdible

Uses: SweetenerThe sap contains sugar and can be used as a drink or be concentrated into a syrup by boiling off the water[4, 61, 82, 159]. The syrup is used as a sweetener on many foods. The yield is only half that of A. saccharum[2]. It is said

foods. The yield is only half that of A. saccharum[2]. It is said to be sweeter and whiter than A. saccharum[183]. The sap can be harvested in the late winter, the flow is best on warm sunny days following a frost. The best sap production comes from cold-winter areas with continental climates. Self-sown seedlings, gathered in early spring, are eaten fresh or dried

for later use[177, 213]. Seeds - cooked. The wings are removed and the seeds boiled then eaten hot[213]. Good crops

are produced nearly every year in the wild[229]. The seed is about 12mm long and is produced in small clusters[82]. Inner bark - cooked. It is dried, ground into a powder and then used as a thickening in soups etc or mixed with cereals when making bread[105, 161, 177, 257]. The related Oregon Maple (Acer macrophyllum) has yellow flower clusters, sweet with nectar, eaten raw[183]. No information was found for this species. Carbon farming - Staple Crop: sugar. tcanta Companion Dye Fodder Preservative Rust Shel-

terbelt WoodThe leaves are packed around apples, rootcrops etc to help preserve them[18, 20]. A fairly wind-tolerant tree, it can be used in shelterbelt plantings[200]. The branches are rather brittle, however, and can break off even in minor storms[226]. The stems are used in making baskets[257]. The boiled inner bark yields a brown dye[106]. Mixed with lead sulphate this produces a blue/black dye which can also be used as an ink[106]. A black dye is obtained from the twigs and bark[257]. The bark can be boiled, along with hemlock (Tsuga spp]) and swamp oak bark (Quercus bicolor) to make a wash to remove rust from iron and steel, and to prevent further rusting[257]. Wood - rather brittle, close-grained, hard, strong, easily worked but not durable. It weighs 32lb per cubic metre. It has many uses such as veneer, cooperage, furniture, flooring and pulp[11, 46, 82, 227, 235]. Carbon Farming - Industrial Crop: biomass. Agroforestry Services: crop shade. Fodder: bank. A dynamic accumulator gathering minerals or nutrients from the soil and storing them in a more bioavailable form - used as fertilizer or to improve mulch. dwatta Antispasmodic Astringent Dysentery Ophthalmic

plaints'[257]. The inner bark is boiled and used with water as a wash for sore eyes[257]. An infusion is used internally in the treatment of diarrhoea[257]. An infusion of the root bark has been used in the treatment of gonorrhoea[257]. nrakta Eastern N. America - New Brunswick to Florida, west to Oklahoma, Kansas and Nebraska. ksacta Banks of rivers, usually in sandy soils[43, 82]. Trees are occasionally

Skin VDAn infusion of the bark is used in the treatment of

coughs, cramps and dysentery[257]. The infusion is also

applied externally to old, stubborn running sores[257]. A

compound infusion is used in the treatment of 'female com-

west to Okianoma, Ransas and Nebraska. RSacta Banks of rivers, usually in sandy soils[43, 82]. Trees are occasionally found in deep often submerged swamps[82].

propta Seed - best sown as soon as it is ripe in the spring in a cold frame. It usually germinates immediately and by the

in a cold frame. It usually germinates immediately and by the end of summer has formed a small tree with several pairs of leaves[82]. Stored seed quickly loses its viability. Pre-soak stored seed for 24 hours and then stratify for 2 - 4 months at 1 - 8°c. It can be slow to germinate. When large enough to handle, prick the seedlings out into individual pots and grow them on until they are 20cm or more tall before planting them out in their permanent positions. Layering, which takes about 12 months, is successful with most species in this genus. Cuttings of young shoots in June or July. The cuttings should have 2 - 3 pairs of leaves, plus one pair of buds at the base. Remove a very thin slice of bark at the base of the cutting, rooting is improved if a rooting hormone is used. The rooted cuttings must show new growth during the summer before being potted up otherwise they are unlikely to survive the winter.

New York 1 a many 1 a month of survive the winter.

New 2 - 4 month of survive they are unlikely to survive the winter.

nwatta Agroforestry Services: Crop shade Fodder: k Industrial Crop: Biomass Management: Cop-Bank Industrial Crop: pice Management: Standard Staple Crop: SugarLandscape Uses: Erosion control, Firewood, Aggressive surface roots possible, Woodland garden. Of easy cultivation, it prefers a good moist well-drained soil[1, 11] but does well in much wetter soils than most member of the genus. Succeeds in most soils including chalk[98]. Another report says that this species is liable to become chlorotic as a result of iron deficiency when it is grown on alkaline soils. Grows well in heavy clay soils. Prefers a moderately sunny position[11, 200]. Tolerates atmospheric pollution[200]. Fairly windtolerant[200]. The wood is brittle and branches are liable to break off the tree in high winds[11, 200]. Trees can tolerate short periods of flooding, but are very susceptible to fire[229]. A very ornamental[1] and fast growing tree[11, 98], but it is short-lived[227], seldom surviving longer than 125 - 140 years[229]. The tree has invasive roots and these often interfere with sewer pipes and drainage tiles around houses[226]. The silver maple is a bad companion plant, inhibiting the growth of nearby plants[18, 20]. Special Features:Attracts birds, North American native, Naturalizing. Carbon farming - Cultivation: experimental. Management: standard, coppice. The plant is heat tolerant in zones 8 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a standard with a non-suckering single trunk [1-2]. The root pattern is flat with shallow roots forming a plate near the soil surface [1-2].

# 3.0.15 Quercus rubra

Red Oak, Northern red oak

exposure.

3 tlin 7 cyuc 3 kcak 3 tcan 2 dwat 25 m hkuc hmimhtut cyutli kyuctcup hwicli jlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli hjonli

drutta Quercus rubra is a deciduous Tree growing to 25 m (82ft) by 18 m (59ft) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 3. It is in flower from April to May, and the seeds ripen in October. The species is monoecious (individual flowers are either male or female, but both sexes can be found on the same plant) and is pollinated by Wind. Suitable for: medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semishade (light woodland) or no shade. It prefers dry or moist soil. The plant can tolerates strong winds but not maritime

kcakta Edible Parts: SeedEdible Uses: CoffeeSeed cooked[161, 177, 257]. A staple food for several native North American Indian tribes[257]. Up to 3cm long[200]. It can be dried, ground into a powder and used as a thickening in stews etc or mixed with cereals for making bread. The seed contains bitter tannins, these can be leached out by thoroughly washing the seed in running water though many minerals will also be lost[183]. Either the whole seed can be used or the seed can be dried and ground it into a powder. It can take several days or even weeks to properly leach whole seeds, one method was to wrap them in a cloth bag and place them in a stream. Leaching the powder is quicker. A simple taste test can tell when the tannin has been leached. The traditional method of preparing the seed was to bury it in boggy ground overwinter. The germinating seed was dug up in the spring when it would have lost most of its astringency. The roasted seed is a coffee substitute.

tcanta Dye Repellent Tannin WoodA mulch of the leaves repels slugs, grubs etc, though fresh leaves should not be used as these can inhibit plant growth[20]. Oak galls are excrescences that are sometimes produced in great numbers on the tree and are caused by the activity of the larvae of different insects. The insects live inside these galls, obtaining their nutrient therein. When the insect pupates and leaves, the gall can be used as a rich source of tannin, that can also be used as a dyestuff[4]. Tannin is obtained from the bark[82,171]. A reddish-brown dye can be obtained from the bark[257]. Wood - coarse-grained, hard, strong, heavy, not durable[46, 82, 171, 226]. It weighs 41lb per cubic foot[235]. An important lumber source in America, it is highly valued for flooring, furniture, veneer, construction etc[46, 82, 171, 226].

dwatta Antidiarrhoeal Antiseptic Antiviral Astringent Cancer Dysentery Emetic Febrifuge Salve TonicThe bark and inner bark is antiseptic, astringent, emetic, febrifuge and tonic[257]. It is used in the treatment of diarrhoea, chronic dysentery, indigestion, asthma, severe coughs, hoarseness, intermittent fevers, bleeding etc[222, 257]. Externally, it is used as a wash for skin eruptions, rashes, burns etc[222, 257]. The bark can be chewed as a treatment for mouth sores[257]. The bark contains tannins, experimentally these have been shown to be antiviral, antiseptic, anticancer and also carcinogenic[222]. Any galls produced on the tree are strongly astringent and can be used in the treatment of haemorrhages, chronic diarrhoea, dysentery etc[4].

nrakta Eastern N. America - Nova Scotia to Georgia, west to Oklahoma and Minnesota. ksacta Dry or upland woods[43]. Found in a variety of soils, it grows best in those that are deep and fine textured, and the largest trees are found in protected ravines or on sheltered slopes[229].

propta Seed - it quickly loses viability if it is allowed to dry out. It can be stored moist and cool overwinter but is best sown as soon as it is ripe in an outdoor seed bed, though it must be protected from mice, squirrels etc. Small quantities of seed can be sown in deep pots in a cold frame. Plants produce a deep taproot and need to be planted out into their permanent positions as soon as possible, in fact seed sown in situ will produce the best trees[11]. Trees should not be left in a nursery bed for more than 2 growing seasons without being moved or they will transplant very badly.

nwatta Prefers a good deep fertile loam which can be on the stiff side[11]. Lime tolerant[188]. Young plants tolerate reasonable levels of side shade[200]. Tolerates moderate exposure, surviving well but being somewhat stunted[200]. Prefers a hotter summer than is usually experienced in Britain[200], but trees still grow well in Britain[11, 200]. A fairly fast-growing tree[188], it is cultivated for its timber in C. Europe. Trees normally require 20 - 25 years to reach flowering size, and may take another 20 years before heavy crops of seed are produced[229]. Seed production is cyclic, heavy crops being produced every 2 - 5 years in the wild[229]. The tree flowers on new growth produced in spring, the seed taking two summers to ripen[229]. Trees are able to regenerate from root suckers if the top is killed by a forest fire[226]. Intolerant of root disturbance, trees should be planted in their permanent positions whilst young[11]. Hybridizes freely with other members of the genus [200]. Plants in this genus are notably resistant to honey fungus[200].

#### 3.0.16 Betula lenta

Cherry Birch, Sweet birch, Black Birch, Cherry Birch 3 tlin 7 cyuc 3 kcak 4 tcan 3 dwat 24 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli frusflatpriklwis hpa7tmwatli hjonli

drutta Betula lenta is a deciduous Tree growing to 24 m (78ft 9in) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 3. It is in flower in April, and the seeds ripen in October. The species is monoecious (individual flowers are either male or female, but both sexes can be found on the same plant) and is pollinated by Wind. Suitable for light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very acid soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista The essential oil obtained from the bark contains 97 - 99% methyl salicylate. This is very toxic when taken orally, and it can also be absorbed through the skin, resulting in human fatalities. As little as 4, 700 mg can be fatal in children[269]. The aromatic and aliphatic hydrocarbons in birch tar are irritating to the skin. Do not use in patients with oedema or with poor kidney or heart functions [301]

kcakta Edible Parts: Inner bark SapEdible Uses: Condiment Sweetener TeaInner bark - cooked or dried and ground into a powder[4, 62, 102]. Sweet and spicy[177]. The dried inner bark can be used as a thickener in soups etc or can be added to flour when making bread etc. Inner bark is generally only seen as a famine food, used when other forms of starch are not available or are in short supply[K]. Sap - raw or cooked[2, 46, 102]. A sweet flavour[61, 177]. It is harvested in early spring, before the leaves unfurl, by tapping the trunk. The flow is best on sunny days following a heavy frost. A delicious drink, it can also be concentrated into a syrup or sugar[183]. The sap can be fermented to make birch beer or vinegar[183]. An old English recipe for the beer is as follows:- "To every Gallon of Birch-water put a quart of Honey, well stirr'd together; then boil it almost an hour with a few Cloves, and a little Limon-peel, keeping it well scumm'd. When it is sufficiently boil'd, and become cold, add to it three or four Spoonfuls of good Ale to make it work...and when the Test begins to settle, bottle it up . . . it is gentle, and very harmless in operation within the body, and exceedingly sharpens the Appetite, being drunk ante pastum."[269]. The dried leaves and bark from the larger roots are a delightful tea substitute[177, 183]. A wholesome, agreeable tea is made from the essential oil contained in the inner bark and twigs[21, 55, 62]. This essential oil is also used as a wintergreen flavouring in foods[183].

tcanta Essential Fuel Tannin WoodAn essential oil is obtained from the bark and twigs, it is distilled in quantity and is an item of commerce[235]. It can be used medicinally, as a food flavouring, as an ingredient in cosmetic shampoos and also to make a wholesome tea[11, 21, 46, 171, 269]. The oil, when decolourized, is similar to 'Oil of Wintergreen' (obtained from Gaultheria procumbens) and is considered to be of superior quality[245]. The tree is coppiced every 5 years and all parts are distilled for the oil[245]. The tree grows up to 3 metres tall in this 5 year period[245]. The greatest yield of oil is obtained if the tree is harvested in the summer[245]. The oil distilled from the wood is insect repellent[269].l The bark contains up to 16% tannin[223]. The thin outer bark is waterproof and has been used as the outer cladding on dwellings, canoes etc[257]. It has also been used to make baskets, dishes, buckets etc[257]. Wood - very strong, close grained, hard, heavy. The wood is richly marked[4], it weighs 40lb per cubic foot and is exploited commercially for making floors, furniture, tools etc[11, 46, 61, 82, 171, 229]. It makes an excellent fuel[11, 46, 61, 229]. A dynamic accumulator gathering minerals or nutrients from the soil and storing them in a more bioavailable form - used as fertilizer or to improve mulch.

dwatta Analgesic Anthelmintic Antiinflammatory Antiseborrheic Astringent Diaphoretic Diuretic Dysentery Rubefacient Stimulant UrinaryThe bark is anthelmintic, astringent, diaphoretic, diuretic and stimulant[4, 21]. A tea made from the bark is used in the treatment of fevers, stomach aches and lung ailments[222, 257], it is said to be an excellent tonic in cases of dysentery and to be useful in the treatment of gravel and female obstructions[4]. An essential oil distilled from the bark is anti-inflammatory, analgesic and rubefacient[222]. It is used in the treatment of rheumatism, bladder infections, neuralgia etc[222]. The oil, called 'oil of wintergreen', used to be produced commercially, but it is now manufactured synthetically[222]. A tea made from the twigs is used in the treatment of fevers[222]. The leaves can be chewed or used in an infusion in the treatment of dysen-tery[257]. The German Commission E Monographs, a therapeutic guide to herbal medicine, approve Betula species for infections of the urinary tract, kidney and bladder stones, rheumatism (see [302] for critics of commission E).

nrakta Eastern N. America - Quebec to Georgia, west to Alberta and Ohio. ksacta Rich woodlands, preferring north-facing slopes and moist soils[43, 62]. It is also found on rocky soils[229].

propta Seed - best sown as soon as it is ripe in a light position in a cold frame[78, 80, 113, 134]. Only just cover the seed and place the pot in a sunny position[78, 80, 134]. Spring sown seed should be surface sown in a sunny position in a cold frame[113, 134]. If the germination is poor, raising the temperature by covering the seed with glass can help[134]. When they are large enough to handle, prick the seedlings out into individual pots and grow them on in a cold frame for at least their first winter. Plant them out into their permanent positions in late spring or early summer, after the last expected frosts. If you have sufficient seed, it can be sown in an outdoor seedbed, either as soon as it is ripe or in the early spring - do not cover the spring sown seed. Grow the plants on in the seedbed for 2 years before planting them out into their permanent positions in the winter[78, 80, 113, 134].

nwatta Landscape Uses:Specimen, Woodland garden. An easily grown plant, it succeeds in a well-drained loamy soil in a sheltered position[11, 200]. Grows well in heavy clay soils. Dislikes wet soils[200]. Shade tolerant[200]. Cherry birch is said to tolerate an annual precipitation of ca 60 to 150cm, an average annual temperature range of 5 to 12°C, and a pH of 4.5 to 7.5[269]. Hybridizes freely with other members of this genus[50]. The bruised foliage has a strong smell of wintergreen[200]. A good plant to grow near the compost heap, aiding the fermentation process[20]. Trees can be coppiced on a cycle of 5 years or more[245]. Trees are notably susceptible to honey fungus[200]. Special Features: Attracts birds, North American native, Inconspicuous flowers or blooms. The plant is heat tolerant in zones 7 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone

map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the aboveground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a standard with a non-suckering single trunk [1-2]. The root pattern is a heart root, dividing from the crown into several primary roots going down and out [1-2].

# 3.0.17 Acer negundo

Box Elder

3 tlin 8 cyuc 3 kcak 3 tcan 1 dwat 21 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli nyanhjen hjonli

drutta Acer negundo is a deciduous Tree growing to 21 m (69ft) by 8 m (26ft) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 2. It is in flower from April to May, and the seeds ripen from September to October. The species is dioecious (individual flowers are either male or female, but only one sex is to be found on any one plant so both male and female plants must be grown if seed is required). and is pollinated by Bees. The plant is not self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerates strong winds but not maritime exposure.

kcakta Edible Parts: Inner bark Leaves Sap SeedEdible

Uses: SweetenerThe sap contains a reasonable quantity of sugar and can be used as a refreshing drink or be concentrated into a syrup[11, 46, 61, 82, 159]. The syrup is used as a sweetener on many foods. The sugar content is inferior to A. saccharum according to one report[149] whilst another says that it is highly valued as a producer of sweet sap[183]. The sugar from the sap of this tree is said to be whiter than that from other maples[183]. To obtain the sap, bore a hole on the sunny side of the trunk into the sapwood about 1 metre above the ground at anytime from about January 1st until the leaves appear[85]. The flow is best on a warm day after a frost[213]. The best sap production comes from coldwinter areas with continental climates. Inner bark - raw or cooked. It can be dried, ground into a powder and then used as a thickener in soups etc or be added to cereal flours when making bread, cakes etc[257]. The inner bark can also be boiled until the sugar crystallizes out of it[257]. Self-sown seedlings, gathered in early spring, are eaten fresh or dried for later use[213]. Seeds - cooked. The wings are removed and the seeds boiled then eaten hot[213]. The seed is up to 12mm long and is produced in small clusters[82].

tcanta Musical Preservative Shelterbelt WoodThe leaves are packed around apples, rootcrops etc to help preserve them[18, 20]. A fairly wind-tolerant tree, it can be used in mixed plantings as a part of shelterbelt plantings[200]. Wood - soft, weak, light, close grained. It weighs 27lb per cubic foot[235]. Of little commercial value, it is used for boxes, cheap furniture, pulp, fuel etc[46, 61, 82, 149, 229]. Large trunk burls or knots have been used to make drums[257].

dwatta EmeticA tea made from the inner bark is used as an emetic[222, 257].

nrakta N. America - Nova Scotia to Florida, west to California and Manitoba. ksacta Found in a variety of soil types, growing best in lowland sites along rivers, streams, ponds or seasonally flooded flats[229].

propta Seed - best sown as soon as it is ripe in a cold frame, it usually germinates in the following spring. Pre-soak stored seed for 24 hours and then stratify for 2 - 4 months at 1 - 8°c. It can be slow to germinate. The seed can be harvested 'green' (when it has fully developed but before it has dried and produced any germination inhibitors) and sown immediately. It should germinate in late winter. If the seed is harvested too soon it will produce very weak plants or no plants at all[80, 113]. When large enough to handle, prick the seedlings out into individual pots and grow them on until they are 20cm or more tall before planting them out in

their permanent positions. Layering, which takes about 12 months, is successful with most species in this genus. Cuttings of young shoots in June or July. The cuttings should have 2 - 3 pairs of leaves, plus one pair of buds at the base. Remove a very thin slice of bark at the base of the cutting, rooting is improved if a rooting hormone is used. The rooted cuttings must show new growth during the summer before being potted up otherwise they are unlikely to survive the winter. The cuttings of this species usually root easily. Budding onto A. negundo in early summer usually works well. The bud should develop a small shoot in the summer otherwise it is unlikely to survive the winter.

nwatta Of easy cultivation, succeeding in most

soils[202] but preferring a rich moist well-drained soil and a sunny position[11]. Grows well in heavy clay soils and in sandy soils[188]. Plants often become chlorotic on very alkaline soils[202]. Plants are hardy to about -18°c[202]. A fast growing but short-lived tree in the wild, living for 75 - 100 years[149, 229]. It is fairly wind-tolerant[200], but the branches have a tendency to break in strong winds[226]. This species is cultivated commercially in Illinois for its sap[183]. Another report says that this is one of the least productive species for sugar[226]. A very ornamental plant[1], there are several named varieties[200]. This tree is a bad companion plant that is said to inhibit the growth of neighbouring plants[18, 20]. This species is notably resistant to honey fungus[88, 200]. Very tolerant of pruning, it can regenerate from old wood if it is cut back hard[202]. Dioecious. Male and female plants must be grown if seed is required.

### 3.0.18 Quercus alba

White Oak, Hybrid oak

3 tlin 9 cyuc 3 kcak 4 tcan 2 dwat 20 m hkuc

hmimhtut cyutli kyuctcup hwicli jlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli hjonli

drutta Quercus alba is a deciduous Tree growing to 20 m (65ft) by 10 m (32ft) at a slow rate. See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from April to May, and the seeds ripen in October. The species is monoecious (individual flowers are either male or female, but both sexes can be found on the same plant) and is pollinated by Wind. Suitable for: medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil. The plant can tolerates strong winds but not maritime exposure.

kcakta Edible Parts: SeedEdible Uses: CoffeeSeed - raw or cooked[226]. Somewhat sweet[229]. The seed is about 1 - 3cm long[200] and ripens in its first year[235]. It contains about 6% protein and 65% carbohydrates[213]. It is low in tannin and needs little if any leaching. It is said that those seeds with red or pink blotches on the shell are the sweetest[183]. Any bitter tannins can be leached out by thoroughly washing the dried and ground up seed in water, though many minerals will also be lost. It can take several days or even weeks to properly leach whole seeds, one method was to wrap them in a cloth bag and place them in a stream. Leaching the powder is quicker. A simple taste test can tell when the tannin has been leached. The traditional method of preparing the seed was to bury it in boggy ground overwinter. The germinating seed was dug up in the spring when it would have lost most of its astringency. The seed can be roasted and then eaten, its taste is something like a cross between sunflower seeds and popcorn[183]. The roasted seed is a coffee substitute that is free from caffeine[226].

tcanta Fuel Repellent Tannin WoodAgroforestry Uses: White oak is potentially valuable for use in reforestation projects, and appears to have potential for use on other types of disturbed sites. It has been planted on strip-mined lands in Ohio, Indiana, and Illinois, and has exhibited good growth and survival on cast overburden and graded topsoil overlying mine spoils. It is well adapted to loamy and clayey spoils with a pH of 5.5 to 8.0[1050] Other Uses: The leaves of most species in this genus are more or less rich in tannins. A mulch of the leaves can be placed around vulnerable plants in order to repel slugs, snails, grubs etc. Fresh leaves should be used with caution, since these can utilize some of the nitrogen in the soil and this inhibit plant growth[20, K]. The bark is a rich source of tannin[171, 226]. Oak galls are excres-

cences that are sometimes produced in great numbers on the tree and are caused by the activity of the larvae of different insects. The insects live inside these galls, obtaining their nutrient therein. When the insect pupates and leaves, the gall can be used as a rich source of tannin, that can also be used as a dyestuff[4]. A brown dye is obtained from the bark or from the galls, it does not require a mordant[226]. Yellow, chrome and gold can also be obtained if mordants are used[226]. The wood is strong, very heavy, hard, tough, strong, close grained, durable[46, 82, 171, 213, 227]. It weighs about 46lb per cubic foot[227]. When properly dried treated, the wood glues well, machines very well and accepts a variety of finishes One of the most important timbers in N. America, it is used for cabinet making, furniture, panelling, flooring, construction, mine props, agricultural tools etc[46 , 82 , 171 , 213 , 1050 ]. It is highly valued for making the staves of barrels for storing wine and liquor[274, 338]. The wood is a good fuel giving off a lot of heat[46, 1050]. A dynamic accumulator gathering minerals or nutrients from the soil and storing them in a more bioavailable form - used as fertilizer or to improve mulch. dwatta Antiseptic Astringent Dysentery TonicWhite oak

was often used medicinally by several native North American Indian tribes, who valued it especially for its antiseptic and astringent properties and used it in the treatment of many complaints[257]. It is little, if at all, used in modern herbalism. The inner bark contains 6 - 11% tannin, it has powerful antiseptic and astringent properties and is also expectorant and tonic[61, 102, 213, 257]. The bark is boiled and the liquid drunk in the treatment of bleeding piles and diarrhoea, intermittent fevers, coughs and colds, consumption, asthma, lost voice etc[213, 257]. The bark has been chewed as a treatment for mouth sores[257]. Externally, it is used as a wash for skin eruptions, burns, rashes, bruises, ulcers etc and as a vaginal douche[222, 257]. It has also been used as a wash for muscular pains[257]. The bark is best collected in the spring[213]. Any galls produced on the tree are strongly astringent and can be used in the treatment of haemorrhages, chronic diarrhoea, dysentery etc[4]. nrakta Eastern N. America - Maine to Florida, west to

rakta Eastern N. America - Maine to Florida, West to Texas and Minnesota. ksacta Dry woods[43], gravelly ridges, sandy plains, rich uplands and moist bottoms[82]. The best specimens are found in deep rich well-drained loamy soils[229].

propta Seed - it quickly loses viability if it is allowed to dry out. It can be stored moist and cool overwinter but is best sown as soon as it is ripe in an outdoor seed bed, though it must be protected from mice, squirrels etc. Small quantities of seed can be sown in deep pots in a cold frame. Plants produce a deep taproot and need to be planted out into their permanent positions as soon as possible, in fact seed sown in situ will produce the best trees[11]. Trees should not be left in a nursery bed for more than 2 growing seasons without being moved or they will transplant very badly.

nwatta Landscape Uses:Firewood, Pest tolerant, Spec-

imen, Street tree. Prefers a good deep fertile loam which can be on the stiff side[1, 11]. Lime tolerant[188]. Young plants tolerate reasonable levels of side shade[200]. Tolerates moderate exposure, surviving well but being somewhat stunted[200]. The white oak prefers warmer summers than are usually experienced in Britain, trees often grow poorly in this country and fail to properly ripen their wood resulting in frost damage over the winter[200]. There are, however, a number of trees 20 metres tall in Britain, mainly in the south-east of the country[11]. Sometimes cultivated for its edible seed, there are some named varieties[183]. Trees take about 30 years before they start to bear good crops of seed, they then have heavy crops about every 3 years with light crops in the other years[227]. They continue to yield commercial crops for about 120 years[227]. The tree flowers on new growth produced in spring, the seed ripening in its first year[200, 229]. Intolerant of root disturbance, trees should be planted in their permanent positions whilst young, though they may require protection for the first winter or two[11]. Hybridizes freely with other members of the genus[200]. Plants in this genus are notably resistant to honey fungus[200]. Special Features: Attracts birds, North American native, Inconspicuous flowers or blooms. The plant is heat tolerant in zones 8 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a standard with a non-suckering single trunk [1-2]. The root pattern is a tap root similar to a carrot going directly down [1-2].

#### 3.0.19 Betula nigra

River Birch, Black Birch, Red Birch, Water Birch, River Birch 3 tlin 9 cyuc 3 kcak 0 tcan 2 dwat 20 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli hjonli

drutta Betula nigra is a deciduous Tree growing to 20 m (65ft 7in) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 4. It is in flower in March, and the seeds ripen in June. The species is monoecious (individual flowers are either male or female, but both sexes can be found on the same plant) and is pollinated by Wind. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista The aromatic and aliphatic hydrocarbons in birch tar are irritating to the skin. Do not use in patients with oedema or with poor kidney or heart functions [301]

kcakta Edible Parts: SapEdible Uses: SweetenerSap raw or cooked[2]. A sweet flavour[177]. Harvested in early spring, before the leaves unfurl. The trunk is tapped by drilling a hole about 6mm wide and about 4cm deep. sap flows best on warm sunny days following a hard frost. It makes a refreshing drink[55, 95] and can also be concentrated into a syrup or sugar[183]. The sap can be fermented to make birch beer or vinegar[183]. An old English recipe for the beer is as follows:- "To every Gallon of Birch-water put a quart of Honey, well stirr'd together; then boil it almost an hour with a few Cloves, and a little Limon-peel, keeping it well scumm'd. When it is sufficiently boil'd, and become cold, add to it three or four Spoonfuls of good Ale to make it work...and when the Test begins to settle, bottle it up . . it is gentle, and very harmless in operation within the body, and exceedingly sharpens the Appetite, being drunk ante pastum."[269].

tcanta Besom Soil stabilization WoodYoung branches are used to make besoms, whisks etc[6]. This species has an extensive root system and is sometimes planted for erosion control along the banks of streams[227]. Wood - light, strong, close grained and hard, but it contains many knots because of the numerous branches along the trunk. It weighs 36lb per cubic foot. Of little use commercially, though it is sometimes used for furniture, turnery etc[46, 61, 82, 227, 229].

dwatta Antiseborrheic Diuretic Dysentery Salve Stomachic UrinaryA salve was made by boiling the buds until they were thick and pasty, sulphur was added and this was then applied externally to skin sores and ringworm[213]. leaves have been chewed, or used as an infusion, in the treatment of dysentery[257]. An infusion of the bark has been used to treat stomach problems, 'milky' urine and difficult urination with discharge[257]. The German Commission E Monographs, a therapeutic guide to herbal medicine, approve Betula species for infections of the urinary tract, kidney and bladder stones, rheumatism (see [302] for critics of commission E).

nrakta Eastern N. America - New Hampshire to Florida. ksacta Banks of streams, by swamps etc, in deep rich soil that is often inundated for weeks at a time[43].

propta Seed - best sown as soon as it is ripe in a light position in a cold frame[78, 80, 113, 134]. Only just cover the seed and place the pot in a sunny position[78, 80, 134]. Spring sown seed should be surface sown in a sunny position in a cold frame[113, 134]. If the germination is poor, raising the temperature by covering the seed with glass can help[134]. When they are large enough to handle, prick the

seedlings out into individual pots and grow them on in a cold frame for at least their first winter. Plant them out into their permanent positions in late spring or early summer, after the last expected frosts. If you have sufficient seed, it can be sown in an outdoor seedbed, either as soon as it is ripe or in the early spring - do not cover the spring sown seed. Grow the plants on in the seedbed for 2 years before planting them out into their permanent positions in the winter[78, 80, 113,

nwatta Landscape Uses:Firewood, Pest tolerant, Specimen, Woodland garden. Succeeds in a well-drained loamy soil in a sheltered position11, 43, 200]. Grows well in heavy clay soils. Likes its roots within reach of water[11]. Dislikes wet soils according to another report[200]. Shade tolerant[200]. Hybridizes freely with other members of this genus[50]. A good plant to grow near the compost heap, aiding the fermentation process[20]. Trees are notably susceptible to honey fungus[200]. Special Features: Attracts birds, North American native, Attracts butterflies, Inconspicuous flowers or blooms.

#### 3.0.20 Quercus x bebbiana

3 tlin 7 cyuc 3 kcak 0 tcan 2 dwat 15 m hkuc hmimhtut cyutli hgatkyuctcup hwicli jlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli hjonli

drutta Quercus x bebbiana is a deciduous Tree growing to 15 m (49ft) by 8 m (26ft) at a slow rate. See above for USDA hardiness. It is hardy to UK zone 3 and is not frost tender. It is in flower in May, and the seeds ripen in October. The species is monoecious (individual flowers are either male or female, but both sexes can be found on the same plant) and is pollinated by Wind. Suitable for: medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: SeedEdible Uses: CoffeeSeed - raw or cooked[183]. The large seeds are sweet and can be eaten out of hand[183]. The seed can be ground into a powder and used in making bread, dumplings etc and as a thickener in soups[183]. If the seed is bitter then this is due to the presence of tannins, these can be leached out by thoroughly washing the dried and ground up seed in water, though many minerals will also be lost. The traditional method of preparing the seed was to bury it in boggy ground overwinter. The germinating seed was dug up in the spring when it would have lost most of its astringency. The roasted seed is a coffee substitute.

tcanta Repellent Tannin WoodA mulch of the leaves repels slugs, grubs etc, though fresh leaves should not be used as these can inhibit plant growth[20]. Oak galls are excrescences that are sometimes produced in great numbers on the tree and are caused by the activity of the larvae of different insects. The insects live inside these galls, obtaining their nutrient therein. When the insect pupates and leaves, the gall can be used as a rich source of tannin, that can also be used as a dyestuff[4]. Wood - hard, heavy, strong, tough, very durable, close grained.

dwatta Astringent DysenteryAny galls produced on the tree are strongly astringent and can be used in the treatment of haemorrhages, chronic diarrhoea, dysentery etc[4].

nrakta A hybrid of garden origin. ksacta Not known in

propta Seed - it quickly loses viability if it is allowed to dry out. It can be stored moist and cool overwinter but is best sown as soon as it is ripe in an outdoor seed bed, though it must be protected from mice, squirrels etc. Small quantities of seed can be sown in deep pots in a cold frame. Plants produce a deep taproot and need to be planted out into their permanent positions as soon as possible, in fact seed sown in situ will produce the best trees[11]. Trees should not be left in a nursery bed for more than 2 growing seasons without being moved or they will transplant very badly. This species is a hybrid and may not breed true from seed[K].

nwatta Prefers a good deep fertile loam which can be on the stiff side[11]. Lime tolerant[188]. Succeeds in a hot dry position. Young plants tolerate reasonable levels of side shade[200]. Tolerates moderate exposure, surviving well but being somewhat stunted[200]. A vigorous, fast-growing hybrid species, some forms are capable of reaching 1.5 metres tall in 2 years[183].]. Established plants are drought resistant[229] and tolerant of atmospheric pollution[226]. This species is occasionally cultivated for its edible seed, there are some named varieties[183]. It is a hybrid of garden origin, Q. alba x Q. macrocarpa[183]. Both of its parents prefer warmer summers than are usually experienced in Britain, often growing poorly in this country and failing to properly ripen their wood, resulting in frost damage overwinter[11, 200]. The tree flowers on new growth produced in spring, the seed ripening in its first year[200, 229]. Hybridizes freely with other members of the genus[200]. Plants in this genus are notably resistant to honey fungus[200].

# 3.0.21 Abies balsamea

Balsam Fir

3 tlin 6 cyuc 3 kcak 0 tcan 5 dwat 15 m hkuc

pcimhmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli hjonli

drutta Abies balsamea is an evergreen Tree growing to 15 m (49ft) by 5 m (16ft) at a slow rate. See above for USDA hardiness. It is hardy to UK zone 2 and is not frost tender. It is in leaf all year, in flower in May, and the seeds ripen from September to October. The species is monoecious (individual flowers are either male or female, but both sexes can be found on the same plant) and is pollinated by Wind. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in full shade (deep woodland) semi-shade (light woodland) or no shade. It prefers moist soil. The plant is not wind tolerant.

pcista The oleoresin (Canada balsam) is reported to produce dermatitis when applied as perfume[222, 269]. The foliage has also induced contact dermatitis[269]. kcakta Edible Parts: Inner barkEdible Uses: Condiment

Gum TeaInner bark - cooked. It is usually dried, ground into a powder and then used as a thickening in soups etc or mixed with cereals when making bread[105, 177]. Fir bark is a delight to chew in winter or early spring, slightly mucilaginous and sweetish, better raw than cooked[269]. Another report says that it is an emergency food and is only used when all else fails[183]. An aromatic resinous pitch is found in blisters in the bark[64]. When eaten raw it is delicious and chewy[101, 183]. Another report says that the balsam or pitch, in extreme emergency, forms a highly concentrated, though disagreeable, food[269]. An oleoresin from the pitch is used as a flavouring in sweets, baked goods, ice cream and drinks[183]. Tips of young shoots are used as a tea substitute[177, 183].

tcanta Adhesive Fibre Gum Kindling Microscope Repellent Resin Stuffing Waterproofing WoodThe balsamic resin 'Balm of Gilead'[11, 46] or 'Canada Balsam' according to other reports[64, 226, 238] is obtained during July and August from blisters in the bark or by cutting pockets in the wood[222]. Another report says that it is a turpentine[171]. The term Canada Balsam is a misnomer because balsams are supposed to contain benzoic and cinnamic acids, both absent from the Canada oleoresin[269]. Turpentine is also a misnomer, implying that the oleoresin is entirely steam volatile. Actually it contains 70 - 80% resin, only 16 - 20% volatile oil[269]. Canada Balsam yields 15 - 25% volatile oil, the resin being used for caulking and incense[269]. It is used medicinally and in dentistry, also in the manufacture of glues, candles and as a cement for microscopes and slides - it has a high refractive index resembling that of glass[11, 46, 64, 82, 222, 226, 238]. The pitch has also been used as a waterproofing material for the seams of canoes[257]. The average yield is about 8 - 10 oz per tree[171]. The resin is also a fixative in soaps and perfumery[171, 238]. "Turpentine" is usually collected during July-August by breaking the turpentine blisters into small metal cans with sharp-pointed lids. Trees are then allowed to recuperate for 1 - 2 years before being harvested again[269]. The leaves and young branches are used as a stuffing material for pillows etc - they impart a pleasant scent[46, 61, 257] and also repel moths[169]. The leaves contain an average of 0.65% essential oil, though it can go up to 1.4% or even higher[269]. One analysis of the essential oils reports 14.6% bornyl acetate, 36.1% bpinene, 11.1% 3-carene, 11.1% limonene, 6.8% camphene,

and 8.4% a-pinene[269]. To harvest the oil, it would appear that the branches should be snipped off younger trees in early spring[269]. Fifteen year old trees yield 70% more leaf oil than 110-year-old trees; oil yields are highest in January March and September, they are lowest from April to August[269]. A thread can be made from the roots[257]. Wood light, soft, coarse grained, not strong, not very durable. Weighs 24lb per cubic foot[235]. Used mainly for pulp, it is not used much for lumber except in the manufacture of crates etc[46, 82, 226, 229]. The wood is commercially valuable for timber even though it is relatively soft, weak, and perishable[269]. Balsam fir is used in the US for timber and plywood, and is the mainstay of the pulp wood industry in the Northeast. The wood, which is rich in pitch, burns well and can be used as a kindling[257] dwatta Analgesic Antiscorbutic Antiseptic Diuretic Poul-

tice Stimulant Tonic VDThe resin obtained from the balsam fir (see 'Uses notes' below) has been used throughout the world and is a very effective antiseptic and healing agent. It is used as a healing and analgesic protective covering for burns, bruises, wounds and sores[213, 222, 226]. It is also used to treat sore nipples[213] and is said to be one of the best curatives for a sore throat[245]. The buds, resin, and/or sap are used in folk remedies for treating cancers, corns, and warts[269]. The resin is also antiscorbutic, diaphoretic, diuretic, stimulant and tonic[4, 171, 222]. It is used internally in propriety mixtures to treat coughs and diarrhoea, though taken in excess it is purgative[238]. A warm liquid of the gummy sap was drunk as a treatment for gonorrhoea[212]. A tea made from the leaves is antiscorbutic[4, 171]. It is used in the treatment of coughs, colds and fevers[222]. The leaves and young shoots are best harvested in the spring and dried for later use[238]. This plant was widely used medicinally by various North American Indian tribes[257]. The resin was used as an antiseptic healing agent applied externally to wounds, sores, bites etc., it was used as an inhalant to treat headaches and was also taken internally to treat colds, sore throats and various other complaints[257].

nrakta North-eastern N. America - Newfoundland to Virginia, west to Alberta, Michigan and Ohio. ksacta Low swampy grounds where it is often the major component of forests[82]. Also found on well-drained hillsides[82].

propta Seed - sow early February in a greenhouse or outdoors in March[78]. Germination is often poor, usually taking about 6 - 8 weeks[78]. Stratification is said to produce a more even germination so it is probably best to sow the seed in a cold frame as soon as it is ripe in the autumn[80, 113]. Stored seeds should be moist stratified 14 - 28 days at 1 - 5°C, though fresh seed may be sown in autumn without stratification, with target seedling densities in the nursery ca 450 - 500/m2, often mulched with sawdust. The seed remains viable for up to 5 years if it is well stored[113]. When large enough to handle, prick the seedlings out into individual pots and grow them on for at least their first winter in pots. Plant them out into their permanent positions in late spring or early summer, after the last expected frosts. Of slow initial growth, the stock is usually outplanted as 2- to 3-year-old seedlings or 3- to 4-year-old transplants Alternatively, if you have sufficient seed, it is possible to sow in an outdoor seedbed. One report says that it is best to grow the seedlings on in the shade at a density of about 550 plants per square metre[78] whilst another report says that they are best grown on in a sunny position[80]. Trees often selflayer in the wild[226], so this might be a means of increasing named varieties in cultivation[K].

named varieties in cultivation[K].

nwatta Landscape Uses:Christmas tree, Screen, Specimen. Prefers a good moist but not water-logged soil[1]. Grows well in heavy clay soils. Very shade tolerant, especially when young[81, 126], but growth is slower in dense shade[81]. Intolerant of atmospheric pollution[1]. Prefers slightly acid conditions down to a pH of about5[200], though the cultivar 'Hudsonia' is more tolerant of alkaline conditions[238]. Prefers growing on a north-facing slope[200]. A shallow-rooted plant, making it vulnerable to high winds[229]. Balsam fir is estimated to tolerate an annual precipitation of 60 to 150cm, an annual temperature range of 5 to 12°C, and a pH of 4.5 to 7.5[269]. The balsam fir is a fast-growing tree in its native environment[229], but it is fairly short-lived and slow growing in Britain, becoming ungainly after about 20 years[11, 64, 81]. It grows best in the Perthshire valleys of Scotland[11, 185]. New growth takes place from late May to the end of July[185]. Trees are

very cold hardy but are often excited into premature growth in mild winters and this new growth is susceptible to damage by late frosts[11]. Female strobili may be wholly or partially aborted up to 6 to 8 weeks after bud burst by late spring frosts[269]. Pollen dispersal can be reduced by adverse weather[269]. Trees should be planted into their permanent positions when they are quite small, between 30 and 90cm in height. Larger trees will check badly and hardly put on any growth for several years. This also badly affects root development and wind resistance[200]. Trees have a thin bark and are therefore susceptible to forest fires[229]. This species is closely related to A. fraseri[11]. Plants are strongly outbreeding, self-fertilized seed usually grows poorly[200]. They hybridize freely with other members of this genus [200]. The cones break up on the tree and if seed is required it should be harvested before the cones break up in early autumn[80]. Whilst the typical species is too large for most gardens, there are some named slow-growing dwarf forms that can be grown[238]. Whilst these will not provide the resin, their leaves can be used medicinally[K]. The leaves are strongly aromatic of balsam when crushed[185]. The tree is sometimes grown and used as a 'Christmas tree' [226]. Special Features: North American native, There are no flowers or blooms.

# 3.0.22 Betula alleghaniensis

Yellow Birch, Swamp Birch

3 tlin 7 cyuc 3 kcak 4 tcan 2 dwat 12 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli hjonli

drutta Betula alleghaniensis is a deciduous Tree growing to 12 m (39ft) by 3 m (9ft) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 4. It is in flower in April, and the seeds ripen in October. The species is monocious (individual flowers are either male or female, but both sexes can be found on the same plant) and is pollinated by Wind. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: Inner bark SapEdible Uses: Condi-

ment Sweetener TeaInner bark - cooked or dried and ground into a powder and used with cereals in making bread[62]. Inner bark is generally only seen as a famine food, used when other forms of starch are not available or are in short supply[K]. Sap - raw or cooked. A sweet flavour[62, 102, 161, 177]. The sap is harvested in early spring, before the leaves unfurl, by tapping the trunk. It flows abundantly, but the sugar content is much lower than maple sap[226]. A pleasant drink, it can also be concentrated into a syrup or fermented into a beer[183, 226]. An old English recipe for the beer is as follows:- "To every Gallon of Birch-water put a quart of Honey, well stirr'd together; then boil it almost an hour with a few Cloves, and a little Limon-peel, keeping it well scumm'd. When it is sufficiently boil'd, and become cold, add to it three or four Spoonfuls of good Ale to make it work...and when the Test begins to settle, bottle it up . . . it is gentle, and very harmless in operation within the body, and exceedingly sharpens the Appetite, being drunk ante pastum."[269]. A tea is made from the twigs and leaves[62, 177]. The dried leaves are used according to another report[183]. An excellent flavour[226]. The twigs and leaves have the flavour of wintergreen and can be used as condiments[183].

tcanta Containers Fuel Waterproofing WoodThe bark is waterproof and has been used by native peoples as the outer skin of canoes, as roofing material on dwellings and to make containers such as buckets, baskets and dishes[257]. Wood - close-grained, very strong, hard, heavy. The wood is too dense to float[226]. An important source of hardwood lumber, it is used for furniture, boxes, tubs of wheels, floors etc[46, 61, 82, 171, 229]. It is also often used as a fuel[46, 61]. A dynamic accumulator gathering minerals or nutrients from the soil and storing them in a more bioavailable form - used as fertilizer or to improve mulch.

dwatta Antiseborrheic Cathartic EmeticYellow birch is little used medicinally, though a decoction of the bark has been used by the native North American Indians as a blood purifier, acting to cleanse the body by its emetic and cathartic properties[257]. The bark is a source of 'Oil of Winter-

green'[226]. This does have medicinal properties, though it is mainly used as a flavouring in medicines[226].

nrakta North-eastern N. America - Newfoundland to Virginia and Tennessee. ksacta Usually found in moist well-drained soils in rich woodlands on lower slopes, it is also found in cool marshlands in the south of its range[62, 229].

propta Seed - best sown as soon as it is ripe in a light position in a cold frame[78, 80, 113, 134]. Only just cover the seed and place the pot in a sunny position[78, 80, 134]. Spring sown seed should be surface sown in a sunny position in a cold frame[113, 134]. If the germination is poor, raising the temperature by covering the seed with glass can help[134]. When they are large enough to handle, prick the seedlings out into individual pots and grow them on in a cold frame for at least their first winter. Plant them out into their permanent positions in late spring or early summer, after the last expected frosts. If you have sufficient seed, it can be sown in an outdoor seedbed, either as soon as it is ripe or in the early spring - do not cover the spring sown seed. Grow the plants on in the seedbed for 2 years before planting them out into their permanent positions in the winter[78, 80, 113, 134]. nwatta Landscape Uses:Specimen, Woodland garden.

Succeeds in a well-drained loamy soil in a sheltered position[11, 200]. Grows well in heavy clay soils. Dislikes wet soils[200]. Shade tolerant[200]. A slow-growing tree, it is relatively long-lived for a birch, with specimens 200 years old recorded[229]. Plants often grow taller than the 12 metres mentioned above[229]. The trees are highly susceptible to forest fires, even when wet the bark is highly inflammable[226]. The bruised foliage has a strong smell of wintergreen[200]. Hybridizes freely with other members of this genus[50]. Trees are notably susceptible to honey fungus[200]. Special Features: Attracts birds, North American native, Inconspicuous flowers or blooms. The plant is heat tolerant in zones 7 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a standard with a non-suckering single trunk [1-2]. The root pattern is flat with shallow roots forming a plate near the soil surface [1-2]. The root pattern is a heart root, dividing from the crown into several primary roots going down and out [1-2].

### 3.0.23 Malus tschonoskii

Pillar apple, Crabapple 3 tlin 8 cyuc 3 kcak 0 tcan 0 dwat 12 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Malus tschonoskii is a deciduous Tree growing to 12 m (39ft) by 7 m (23ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower in May. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista All members of this genus contain the toxin hydrogen cyanide in their seeds and possibly also in their leaves, but not in their fruits. Hydrogen cyanide is the substance that gives almonds their characteristic taste but it should only be consumed in very small quantities. Apple seeds do not normally contain very high quantities of hydrogen cyanide but, even so, should not be consumed in very large quantities. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In

excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[105, 177]. A gritty texture[1]. A reasonable size, about 2 - 3cm in diameter[200], but the fruit is not freely produced[11, 200]. A tree at Kew is fruiting well, producing fruits about 30mm in diameter and these fruits can hang on the tree all winter[K]. Even when harvested in February the fruits were quite firm, slightly juicy with a strong acid flavour rather like a lemon[K].

nrakta E. Asia - Japan. ksacta Woods in C. Japan[58, 109].
propta Seed - best sown as soon as it is ripe in the au-

tumn in a cold frame. It usually germinates in late winter. Stored seed requires stratification for 3 months at 1°c and should be sown in a cold frame as soon as it is received[200]. It might not germinate for 12 months or more. Prick out the seedlings into individual pots as soon as they are large enough to handle. If given a rich compost they usually grow away quickly and can be large enough to plant out in late summer, though consider giving them some protection from the cold in their first winter. Otherwise, keep them in pots in a cold frame and plant them out in late spring of the following year. Cuttings of mature wood, November in a frame[11].

nwatta Landscape Uses:Border, Specimen, Street tree. An easily grown plant, it succeeds in most fertile soils, preferring a moisture retentive well-drained loamy soil[1, 200]. Grows well in heavy clay soils. Prefers a sunny position but succeeds in partial shade though it fruits less well in such a situation[1, 200]. This tree is well suited to planting in public-access areas[200]. The fruit is a good wildlife food source, especially for birds[200]. Hybridizes freely with other members of this genus[200]. Plants in this genus are notably susceptible to honey fungus[200]. Special Features:Not North American native, Fragrant flowers, Attractive flowers or blooms.

# 3.0.24 Quercus macrocarpa

Burr Oak, Mossy Cup Oak

3 tlin 8 cyuc 3 kcak 4 tcan 2 dwat m hkuc

hmimhtut cyutli hgatkyuctcup hwicli jlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli hjonli

drutta Quercus macrocarpa is a deciduous Tree growing to 15 m (49ft) by 8 m (26ft) at a slow rate. See above for USDA hardiness. It is hardy to UK zone 3 and is not frost tender. It is in flower in May, and the seeds ripen in October. The species is monoecious (individual flowers are either male or female, but both sexes can be found on the same plant) and is pollinated by Wind. Suitable for: medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil and can tolerate drought. The plant can tolerate atmospheric pollution.

kcakta Edible Parts: SeedEdible Uses: Seed cooked[101, 105, 161, 257]. Very large, the seed can be up to 5cm x 4cm[82, 200], though it is somewhat variable in size and shape[227]. The seed can be ground into a powder and used in making bread, dumplings etc and as a thickener in soups[183]. The seed of this species is considered to be one of the most palatable of all the oaks[159, 183]. Many trees have sweet seeds with little tannin and the seed can be eaten raw or cooked. If the seed is bitter then this is due to the presence of tannins, these can be leached out by thoroughly washing the dried and ground up seed in water, though many minerals will also be lost. The traditional method of preparing the seed was to bury it in boggy ground overwinter. The germinating seed was dug up in the spring when it would have lost most of its astringency. The roasted seed is a coffee substitute.

tcanta Mordant Repellent Tannin WoodAgroforestry Uses: The tree has been widely tested for use in rehabilitation of the soil. It has been successfully planted on coal spoils in the north-central and northern Great Plains, and in the Western Interior Coal Province which encompasses Missouri, Kansas, and Oklahoma. It may be either seeded or transplanted onto disturbed areas[1050]. Other Uses: The leaves of most species in this genus are more or less rich in tannins. A mulch of the leaves can be placed around vulnerable plants

in order to repel slugs, snails, grubs etc. Fresh leaves should be used with caution, since these can utilize some of the nitrogen in the soil and this inhibit plant growth[20 , K ]. Oak galls are excrescences that are sometimes produced in great numbers on the tree and are caused by the activity of the larvae of different insects. The insects live inside these galls, obtaining their nutrient therein. When the insect pupates and leaves, the gall can be used as a rich source of tannin, that can also be used as a dyestuff[4 ]. The bark has been used as a mordant for fixing dyes[257]. The wood is hard, heavy, strong, tough, very durable, close grained. It weighs about 46lb per cubic metre[227]. This species is of considerable importance as a timber tree, it is used for all types of construction, in making baskets, flooring, cabinet making, ship building, cooperagem fence posts etc[46, 61, 82, 149, 171, 227, 229, 338]. The wood is a good fuel[82].

dwatta Antispasmodic Astringent Dysentery TonicThe bark is astringent and tonic[61]. An infusion has been used in the treatment of diarrhoea[257]. A decoction of the root or inner bark has been used in the treatment of cramps[257]. Any galls produced on the tree are strongly astringent and can be used in the treatment of haemorrhages, chronic diarrhoea, dysentery etc[4].

nrakta Eastern N. America - Nova Scotia to Manitoba, Wyoming, Massachusetts, Georgia, Kansas and Texas. ksacta Found in a variety of habitats from dry hillsides to moist bottomlands, rich woods and fertile slopes, mainly on limestone soils[43, 229].

propta Seed - it quickly loses viability if it is allowed to dry out. It can be stored moist and cool overwinter but is best sown as soon as it is ripe in an outdoor seed bed, though it must be protected from mice, squirrels etc. Small quantities of seed can be sown in deep pots in a cold frame. Plants produce a deep taproot and need to be planted out into their permanent positions as soon as possible, in fact seed sown in situ will produce the best trees[11]. Trees should not be left in a nursery bed for more than 2 growing seasons without being moved or they will transplant very badly.

nwatta Landscape Uses:Firewood, Pest tolerant, Ag-

gressive surface roots possible, Specimen. Prefers a good deep fertile loam which can be on the stiff side[11]. Lime tolerant[188]. Succeeds in a hot dry position. Young plants tolerate reasonable levels of side shade[200]. Tolerates moderate exposure, surviving well but being somewhat stunted[200]. A slow-growing tree[188]. Established plants are drought resistant[229] and tolerant of atmospheric pollution[226]. Trees have a thick, fire-resistant bark[274]. Occasionally cultivated for its edible seed, there are some named varieties[183]. Slow growing in the wild, it takes about 30 years to start producing seed, though it then continues to crop for the next 200 - 300 years with large crops being produced every 2 - 3 years[229]. The tree flowers on new growth produced in spring, the seed ripening in its first year[200, 229]. Prefers warmer summers than are usually experienced in Britain, often growing poorly in this country and failing to properly ripen its wood, resulting in frost damage overwinter[11, 200]. A tree at the Hillier Arboretum in Hampshire was growing well in September 1993. It was 9 metres tall but had a lot of mildew, there was no sign of seeds[K]. There is a dwarf form of this species:- Q. macrocarpa depressa (Nutt.)Engelm. grows about 2 metres tall with corky branches and smaller seeds than the species, usually about 1cm long[227]. Hybridizes freely with other members of the genus[200]. Plants in this genus are notably resistant to honey fungus[200]. Special Features: North American native, Inconspicuous flowers or blooms. The plant is heat tolerant in zones 9 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a standard with a non-suckering single trunk [1-2]. The root pattern is a tap root similar to a carrot going directly down [1-2].

# 3.0.25 Malus prunifolia rinkii

Chinese Apple

3 tlin 7 cyuc 3 kcak 0 tcan 0 dwat 8 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Malus prunifolia rinkii is a deciduous Tree growing to 8 m (26ft) by 8 m (26ft). See above for USDA hardiness. It is hardy to UK zone 3 and is not frost tender. It is in flower from April to May, and the seeds ripen in October. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista All members of this genus contain the toxin hydrogen cyanide in their seeds and possibly also in their leaves, but not in their fruits. Hydrogen cyanide is the substance that gives almonds their characteristic taste but it should only be consumed in very small quantities. Apple seeds do not normally contain very high quantities of hydrogen cyanide but, even so, should not be consumed in very large quantities. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[2, 105]. Bitter[200]. Not at all bitter, it makes quite pleasant eating[11]. Used fresh or in preserves etc[22, 46]. The fruit is about 3cm in diameter[200]. Young leaves - cooked[105, 177].

nrakta E. Asia - northern China. ksacta Not known in a

truly wild state.

propta Seed - best sown as soon as it is ripe in the au-

tumn in a cold frame. It usually germinates in late winter. Stored seed requires stratification for 3 months at 1°c and should be sown in a cold frame as soon as it is received[200]. It might not germinate for 12 months or more. Prick out the seedlings into individual pots as soon as they are large enough to handle. If given a rich compost they usually grow away quickly and can be large enough to plant out in late summer, though consider giving them some protection from the cold in their first winter. Otherwise, keep them in pots in a cold frame and plant them out in late spring of the following year. Cuttings of mature wood, November in a frame[11].

nwatta An easily grown plant, it succeeds in most fer-

nwatta An easily grown plant, it succeeds in most fertile soils, preferring a moisture retentive well-drained loamy soil[1, 200]. Grows well in heavy clay soils. Prefers a sunny position but succeeds in partial shade though it fruits less well in such a situation[200]. Cultivated for its edible fruit in China, there are many named varieties[11, 22]. This species is a famous fruit tree in N and NE China[266]. Many cultivars have been bred during its long cultivation, the fruit of which differ in shape, color, size, and ripening period[266]. It is also used in apple breeding programmes for its frost resistance[74]. Hybridizes freely with other members of this genus[200]. The fruit is a good wildlife food source, especially for birds[200]. Plants in this genus are notably susceptible to honey fungus[200].

# 3.0.26 Malus pumila nervosa

Crab Apple

3 tlin 7 cyuc 3 kcak 2 tcan 0 dwat 5 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatprikl-

wis hpa7tmwatli xre7t hjonli

drutta Malus pumila nervosa is a deciduous Tree growing to 5 m (16ft) by 8 m (26ft). See above for USDA hardiness. It is hardy to UK zone 3 and is not frost tender. It is in flower in April. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista All members of this genus contain the toxin hydrogen cyanide in their seeds and possibly also in their leaves, but not in their fruits. Hydrogen cyanide is the substance that gives almonds their characteristic taste but it should only be consumed in very small quantities. Apple seeds do not normally contain very high quantities of hydrogen cyanide but, even so, should not be consumed in very large quantities. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or

cooked. The fruit can be up to 6cm in diameter[200]. Very astringent and quite harsh[K]. tcanta RootstockCan be used as a dwarfing rootstock for

the cultivated apples.

nrakta Britain? ksacta Not known in the wild.

propta Seed - best sown as soon as it is ripe in the au-

tumn in a cold frame. It usually germinates in late winter. Stored seed requires stratification for 3 months at  $1^{\circ}$ C and should be sown in a cold frame as soon as it is received[200]. It might not germinate for 12 months or more. Prick out the seedlings into individual pots as soon as they are large enough to handle. If given a rich compost they usually grow away quickly and can be large enough to plant out in late summer, though consider giving them some protection from the cold in their first winter. Otherwise, keep them in pots in a cold frame and plant them out in late spring of the following year. Cuttings of mature wood, November in a frame[11]. nwatta An easily grown plant, it succeeds in most fer-

nwatta An easily grown plant, it succeeds in most fertile soils, preferring a moisture retentive well-drained loamy soil[1, 200]. Grows well in heavy clay soils. Prefers a sunny position but succeeds in partial shade though it fruits less well in such a situation[1, 200]. The fruit is a good wildlife food source, especially for birds[200]. Plants have been seen at Kew Gardens bearing huge crops of fruit[K]. Hybridizes freely with other members of this genus[200]. Plants in this genus are notably susceptible to honey fungus[200].

# 3.0.27 Malus pumila paradisiaca

Paradise Apple

3 tlin 7 cyuc 3 kcak 2 tcan 0 dwat 5 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Malus pumila paradisiaca is a deciduous Tree growing to 5 m (16ft 5in). See above for USDA hardiness. It is hardy to UK zone 3 and is not frost tender. It is in flower in April. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista All members of this genus contain the toxin hydrogen cyanide in their seeds and possibly also in their leaves, but not in their fruits. Hydrogen cyanide is the substance that gives almonds their characteristic taste but it should only be consumed in very small quantities. Apple seeds do not normally contain very high quantities of hydrogen cyanide but, even so, should not be consumed in very large quantities. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[2, 50]. The fruit can be up to 6cm in diameter[200].

tcanta RootstockCommonly used as a dwarfing rootstock for the cultivated apple, there are several named varieties[200].

nrakta Europe. ksacta Not known in the wild[50].

propta Seed - best sown as soon as it is ripe in the autumn in a cold frame. It usually germinates in late winter. Stored seed requires stratification for 3 months at 1°c and should be sown in a cold frame as soon as it is received[200]. It might not germinate for 12 months or more. Prick out the seedlings into individual pots as soon as they are large enough to handle. If given a rich compost they usually grow away quickly and can be large enough to plant out in late summer, though consider giving them some protection from

the cold in their first winter. Otherwise, keep them in pots in a cold frame and plant them out in late spring of the following year. Cuttings of mature wood, November in a frame[11].

nwatta An easily grown plant, it succeeds in most fertile soils, preferring a moisture retentive well-drained loamy soil[1, 200]. Grows well in heavy clay soils. Prefers a sunny position but succeeds in partial shade though it fruits less well in such a situation[1, 200]. Commonly cultivated as a rootstock for the cultivated apple, there are several named varieties[200]. The fruit is a good wildlife food source, especially for birds[200]. Hybridizes freely with other members of this genus[200]. Plants in this genus are notably susceptible to honey fungus[200].

## 3.0.28 Viburnum opulus

Guelder Rose, Cramp Bark, European cranberrybush, American cranberrybush, Crampbark, European Highb

3 tlin 8 cyuc 3 kcak 3 tcan 3 dwat 5 m hkuc

hmimhtut cyutli tcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli fyifxre7t hjonli

drutta Viburnum opulus is a deciduous Shrub growing to 5 m (16ft) by 5 m (16ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 3 and is not frost tender. It is in flower from June to July, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil.

pcista Large quantities of the fruit can cause vomiting and diarrhoea[10, 65]. The fruit is of very low or zero toxicity, it only causes mild upsets when eaten unripe or in large quantities[65, 76].

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[2, 3, 5, 46]. The fruit is up to 8.5mm in diameter but with a large seed[200]. A sour taste, it is best cooked. The crushed fruit has an unpleasant smell[4]. Used as a cranberry substitute in making, jellies, preserves etc[183]. Some caution is advised, see notes on toxicity at top of the page.

tcanta Dye Hedge Hedge Ink WoodA red dye is obtained from the fruit[13]. An ink can be made from the dried berries[4]. Plants can be grown as a tall hedge[29], they are rather bare in winter though[K]. The wood can be used to make skewers[4].

dwatta Antispasmodic Astringent Birthing aid Homeopathy SedativeGuelder rose is a powerful antispasmodic and is much used in the treatment of asthma, cramps and other conditions such as colic or painful menstruation[254]. It is also used as a sedative remedy for nervous conditions[254]. The bark is antispasmodic, astringent and sedative[4, 9, 46, 165, 213]. The bark contains 'scopoletin', a coumarin that has a sedative affect on the uterus[238]. A tea is used internally to relieve all types of spasms, including menstrual cramps, spasms after childbirth and threatened miscarriage[9, 222, 238]. It is also used in the treatment of nervous complaints and debility[4, 46, 165, 213]. The bark is harvested in the autumn before the leaves change colour, or in the spring before the leaf buds open. It is dried for later use[238]. The leaves and fruits are antiscorbutic, emetic and laxative[4, 222]. A homeopathic remedy is made from the fresh bark[9]. It is used in the treatment of menstrual pain and spasms after childbirth[9].

nrakta Europe, including Britain, from Scandanavia south and east to Spain, north and west Asia. ksacta Hedges, scrub and woodland, usually on damp soils[3, 13, 17].

propta Seed - best sown in a cold frame as soon as it is ripe. Germination can be slow, sometimes taking more than 18 months. If the seed is harvested 'green' (when it has fully developed but before it has fully ripened) and sown immediately in a cold frame, it should germinate in the spring[80]. Stored seed will require 2 months warm then 3 months cold stratification and can still take 18 months to germinate[113]. Prick out the seedlings into individual pots when they are large enough to handle and grow them on in a cold frame or greenhouse. Plant out into their permanent positions in late spring or early summer of the following year. Cuttings of soft-wood, early summer in a frame[200]. Pot up into

individual pots once they start to root and plant them out in late spring or early summer of the following year. Cuttings of half-ripe wood, 5 - 8 cm long with a heel if possible, July/August in a frame[78, 113]. Plant them into individual pots as soon as they start to root. These cuttings can be difficult to overwinter, it is best to keep them in a greenhouse or cold frame until the following spring before planting them out[113]. Cuttings of mature wood, winter in a frame. They should root in early spring - pot them up when large enough to handle and plant them out in the summer if sufficient new growth is made, otherwise keep them in a cold frame for the next winter and then plant them out in the spring. Layering of current seasons growth in July/August. Takes 15 months[78].

nwatta Landscape Uses:Border, Massing, Screen, Specimen. An easily grown plant, it succeeds in most soils but is ill-adapted for poor soils and for dry situations[1]. It prefers a deep rich moist loamy soil in a sunny position[11]. Succeeds in semi-shade but does not grow or fruit so well in such a position[186]. Grows well in heavy clay soils and on chalk[184]. Does not do well on very acid soils. Best if given shade from the early morning sun in spring[200]. A very ornamental plant[1], it is hardy to about -30°c[184] and is often grown in the flower garden. There are many named varieties[184]. Guelder rose regenerates quickly if it is cut to the ground, it can also produce suckers and will often form thickets[186]. The plant is an alternative host for the broad bean aphid[11]. Special Features: Not North American native, Naturalizing, Attractive flowers or blooms. In garden design, as well as the above-ground architecture of a plant, root structure considerations help in choosing plants that work together for their optimal soil requirements including nutrients and water. The root pattern is fleshy. Thick or swollen - fibrous or tap root

### 3.0.29 Berberis georgii

Barberry

3 tlin 7 cyuc 3 kcak 1 tcan 2 dwat 3 m hkuc hmimhtut cyutli kyuctcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Berberis georgii is a deciduous Shrub growing to 3 m (9ft 10in) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 3 and is not frost tender. It is in flower from May to June, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. It is noted for attracting wildlife. Suitable for light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[K]. A very acid lemon-like flavour, it is nice in small quantities raw. When cooked it can be used in pies, preserves etc[K]. A very good size for a barberry, the fruit is up to 10mm long and 4mm wide[K]. A refreshing lemon-like drink can be made from the fruit.

tcanta DyeA yellow dye is obtained from the roots, bark and stem.

dwatta Antibacterial Cancer DysenteryBerberine, universally present in rhizomes of Berberis species, has marked antibacterial effects. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enteric infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine[218]. Berberine has also shown antitumour activity[218].

nrakta A hybrid of uncertain parentage. ksacta Not known in a truly wild condition.

propta Seed - best sown as soon as it is ripe in a cold frame, when it should germinate in late winter or early spring[78]. Seed from over-ripe fruit will take longer to germinate[78], whilst stored seed may require cold stratification and should be sown in a cold frame as early in the year as possible[80]. The seedlings are subject to damping off, so should be kept well ventilated[113]. When the seedlings are large enough to handle, prick them out into individual pots and grow them on in a cold frame. If growth is sufficient, it

can be possible to plant them out into their permanent positions in the autumn, but generally it is best to leave them in the cold frame for the winter and plant them out in late spring or early summer of the following year. Cuttings of half-ripe wood, July/August in a frame. Cuttings of mature wood of the current season's growth, preferably with a heel, October/November in a frame[78]. Suckers, removed in late autumn/early winter and planted out in situ or potted up and planted out in late spring[200].

nwatta Prefers a warm moist loamy soil but it is by no means fastidious, succeeding in thin, dry and shallow soils[11, 200]. Grows well in heavy clay soils. Succeeds in full sun or light shade[11, 200]. Plants are hardy to about .35°c. This species is a hybrid of unknown origin, probably involving B. vulgaris[11]. It is an exceptionally free-fruiting form[184] and is of interest in breeding programmes[K]. This species is probably an alternate host of black-stem rust of wheat. Hybridizes freely with other members of this genus[1]. Plants can be pruned back quite severely, they resprout well from the base[200].

# 3.0.30 Berberis vulgaris

European Barberry, Common barberry 3 tlin 7 cyuc 3 kcak 4 tcan 3 dwat 3 m hkuc hmimhtut cyutli kyuctcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Berberis vulgaris is a deciduous Shrub growing to 3 m (9ft) by 2 m (6ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 3 and is not frost tender. It is in leaf from March to November, in flower from May to June, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semishade (light woodland) or no shade. It prefers dry or moist soil.

pcista Bark in doses of 4 mg or more; stupor, nosebleeds, vomiting, diarrhoea and kidney irritation. Contraindicated during pregnancy as abortion risk[301].

kcakta Edible Parts: Fruit LeavesEdible Uses: Condiment TeaFruit - raw or cooked[2, 3, 5, 7, 9, 11, 95, 183]. Rich in vitamin C[268], the fruit has a very acid flavour and is mainly used in preserves[100], though children and some adults seem to like it raw when it is fully ripe[K]. A refreshing lemon-like drink can be made from the fruit[183]. The fruits are about 10mm long[200]. Young leaves - used as a flavouring or as an acid nibble[177, 183]. They can be used in much the same way as sorrel (Rumex acetosa)[9]. The dried young leaves and shoot tips make a refreshing tea[9, 183].

tcanta Beads Dye Fuel Hedge Hedge WoodPlants can be grown as a medium-size hedge in exposed positions but they cannot tolerate extreme maritime exposure[75]. They are very tolerant of trimming but can also be left untrimmed if required[K]. A good quality yellow dye is obtained from the roots, bark and stem[4, 13, 46, 100, 244]. As well as being used on cloth, it is also used to stain wood[244]. The unripe fruit is dried and used as beads[106]. Wood - soft, very hard, fine grained, yellow. Used for carving, toothpicks, mosaics etc[13, 46, 61]. It is also used as a fuel[146].

dwatta Antibacterial Antidiarrhoeal Antipruritic Antirheumatic Antiseptic Antispasmodic Appetizer Astringent Cancer Cholagogue Diaphoretic Diuretic Dysentery Expectorant Hepatic Homeopathy Laxative Malaria Ophthalmic Purgative Refrigerant Stomachic TB Tonic Vitamin CBarberries have long been used as a herbal remedy for the treatment of a variety of complaints. All parts of the plant can be used though the yellow root bark is the most concentrated source of active ingredients. The plant is mainly used nowadays as a tonic to the gallbladder to improve the flow of bile and ameliorate conditions such as gallbladder pain, gallstones and jaundice[254]. The bark and root bark are antiseptic, astringent, cholagogue, hepatic, purgative, refriger-ant, stomachic and tonic[4, 7, 9, 21, 46, 165, 222]. The bark is harvested in the summer and can be dried for storing[4]. It is especially useful in cases of jaundice, general debility and biliousness[4], but should be used with caution[165]. The flowers and the stem bark are antirheumatic[218]. The roots

are astringent and antiseptic[222]. They have been pulverized in a little water and used to treat mouth ulcers[213]. A tea of the roots and stems has been used to treat stomach ulcers[213]. The root bark has also been used as a purgative and treatment for diarrhoea[213] and is diaphoretic[222]. A tincture of the root bark has been used in the treatment of rheumatism, sciatica etc[222]. The root bark is a rich source of the alkaloid berberine -about 6%[240]. Berberine, universally present in rhizomes of Berberis species, has marked antibacterial effects. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enteric infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine[218]. Berberine has also shown antitumour activity[218] and is also effective in the treatment of hypersensitive eyes, inflamed lids and conjunctivitis[244]. A tea made from the fruits is antipruritic, anti-septic, appetizer, astringent, diuretic, expectorant and laxative[7, 222]. It is also used as a febrifuge[213]. The fruit, or freshly pressed juice, is used in the treatment of liver and gall bladder problems, kidney stones, menstrual pains etc[9]. The leaves are astringent and antiscorbutic[7]. A tea made from the leaves is used in the treatment of coughs[222]. The plant (probably the inner bark) is used by homeopaths as a valuable remedy for kidney and liver insufficiency[244]. Other uses include malaria, and opium and morphine withdrawal[301].

nrakta Barberry Coast. Naturalized, or possibly native, in Britain[17]. ksacta Light deciduous woodland, hedges, roadsides, clearings etc, preferring a sunny position and a chalky soil[9, 268].

propta Seed - best sown as soon as it is ripe in a cold frame, when it should germinate in late winter or early spring[78]. Seed from over-ripe fruit will take longer to germinate[78], whilst stored seed may require cold stratification and should be sown in a cold frame as early in the year as possible[80]. The seedlings are subject to damping off, so should be kept well ventilated[113]. When the seedlings are large enough to handle, prick them out into individual pots and grow them on in a cold frame. If growth is sufficient, it can be possible to plant them out into their permanent positions in the autumn, but generally it is best to leave them in the cold frame for the winter and plant them out in late spring or early summer of the following year. Germination averages out at about 90%[98, 113]. Cuttings of half-ripe wood, July/August in a frame. Cuttings of mature wood of the current season's growth, preferably with a heel, October/November in a frame[78]. Suckers, removed in late autumn/early winter and planted out in situ or potted up and planted out in late spring[3, 200].

nwatta Prefers a warm moist loamy soil but it is by no means fastidious, succeeding in thin, dry and shallow soils[11, 200]. Prefers a light rich rather dry soil according to another report[37]. Grows well in heavy clay soils. Succeeds in full sun or light shade[11. 200] but requires a moist soil when grown in the shade of trees[14]. Hardy to about -35°c[184]. A very ornamental plant[11], the barberry was at one time cultivated for its edible fruit, there are several named varieties[11, 200]. 'Dulcis' the fruit of which is sweet or slightly sour[200]. 'Asperma' is a seedless form that was often used in France to make a jam[182, 183]. An alternate host of 'black-stem rust' of wheat so it has been extensively grubbed up from its habitats[3, 11, 13, 74]. Hybridizes freely with other members of this genus[1], though it usually breeds fairly true to type[80]. Can be pruned back quite severely, it resprouts well from the base[200].

### 3.0.31 Rosa canina

Dog Rose

3 tlln 7 cyuc 3 kcak 4 tcan 3 dwat 3 m hkuc hmimhtut cyutli tcuphja7n hwicli hrasjlutnyikfrip hpa7tli flat-

priklwis hpa7tmwatli fyifxre7t hjonli

drutta Rosa canina is a deciduous Shrub growing to 3 m (9ft) by 3 m (9ft) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 3. It is in flower from June to July, and the seeds ripen from October to December. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees, flies, beetles, Lepidoptera (Moths and Butterflies), Apomictic (reproduce by seeds formed without sexual fusion). The plant is self-fertile. It is noted for at-

tracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil. The plant can tolerates strong winds but not maritime exposure.

pcista There is a layer of hairs around the seeds just beneath the flesh of the fruit. These hairs can cause irritation to the mouth and digestive tract if ingested.

kcakta Edible Parts: Flowers Fruit SeedEdible Uses: Coffee TeaFruit - raw or cooked[2, 4, 13]. It can be used in making delicious jams, syrups etc[7]. The syrup is used as a nutritional supplement, especially for babies[238]. The fruit can also be dried and used as a tea[9, 12, 183]. Frost softens and sweetens the flesh[12]. The fruit is up to 30mm in diameter[200], but there is only a thin layer of flesh surrounding the many seeds[K]. Some care has to be taken when eating this fruit, see the notes above on known hazards. The seed is a good source of vitamin E[102], it can be ground and mixed with flour or added to other foods as a supplement. Be sure to remove the seed hairs[102]. The dried leaves are used as a tea substitute[46, 61, 183]. A coffee substitute according to another report[7]. Petals - raw or cooked[177]. The base of the petal may be bitter so is best removed[183]. Eaten as a vegetable in China[66]. The petals are also used to make an unusual scented jam[7]

tcanta Hedge HedgePlants make a dense and stockproof hedge, especially when trimmed[186].

dwatta Antirheumatic Astringent Bach Cancer Carminative Diuretic Laxative Ophthalmic Tonic Vermifuge Vitamin CThe petals, hips and galls are astringent, carminative, diuretic, laxative, ophthalmic and tonic[7, 9, 14, 21, 165]. The hips are taken internally in the treatment of colds, influenza, minor infectious diseases, scurvy, diarrhoea and gastritis[238]. A syrup made from the hips is used as a pleasant flavouring in medicines and is added to cough mixtures[238]. A distilled water made from the plant is slightly astringent and is used as a lotion for delicate skins[7]. The seeds have been used as a vermifuge[7]. The plant is used in Bach flower remedies - the keywords for prescribing it are 'Resignation' and 'Apathy' [209]. The fruit of many members of this genus is a very rich source of vitamins and minerals, especially in vitamins A, C and E, flavanoids and other bioactive compounds. It is also a fairly good source of essential fatty acids, which is fairly unusual for a fruit. It is being investigated as a food that is capable of reducing the incidence of cancer and also as a means of halting or reversing the growth of cancers[214]. Ascorbic acid in Dog Rose shells (vitamin C, 0.2 to 2.4%).

nrakta Europe, including Britain, from Norway south and east to N. Africa and southwest Asia. ksacta Hedges, scrub, woods, roadsides, banks etc[9].

propta Seed. Rose seed often takes two years to germinate. This is because it may need a warm spell of weather after a cold spell in order to mature the embryo and reduce the seedcoat[80]. One possible way to reduce this time is to scarify the seed and then place it for 2 - 3 weeks in damp peat at a temperature of 27 - 32°c (by which time the seed should have imbibed). It is then kept at 3°c for the next 4 months by which time it should be starting to germinate[80]. Alternatively, it is possible that seed harvested 'green' (when it is fully developed but before it has dried on the plant) and sown immediately will germinate in the late winter. This method has not as yet(1988) been fully tested[80]. Seed sown as soon as it is ripe in a cold frame sometimes germinates in spring though it may take 18 months. Stored seed can be sown as early in the year as possible and stratified for 6 weeks at 5°c[200]. It may take 2 years to germinate[200]. Prick out the seedlings into individual pots when they are large enough to handle. Plant out in the summer if the plants are more than 25cm tall, otherwise grow on in a cold frame for the winter and plant out in late spring. Cuttings of half-ripe wood with a heel, July in a shaded frame. Overwinter the plants in the frame and plant out in late spring[78]. High percentage[78]. Cuttings of mature wood of the current seasons growth. Select pencil thick shoots in early autumn that are about 20 - 25cm long and plant them in a sheltered position outdoors or in a cold frame[78, 200]. The cuttings can take 12 months to establish but a high percentage of them normally succeed[78]. Division of suckers in the dormant season. Plant them out direct into their permanent positions. Layering. Takes 12 months[11].

nwatta Succeeds in most soils[11, 200]. Grows well in heavy clay soils. Prefers a circumneutral soil and a sunny position with its roots in the shade[11, 200]. When grown in deep shade it usually fails to flower and fruit[186]. Succeeds in wet soils but dislikes water-logged soils or very dry sites[186]. Tolerates maritime exposure[186]. The fruit attracts many species of birds, several gall wasps and other insects use the plant as a host[186] A very polymorphic species, it is divided into a great number of closely related species by some botanists[1, 17]. The leaves, when bruised, have a delicious fragrance[245]. The flowers are also fragrant. Grows well with alliums, parsley, mignonette and lupins[18, 20]. Garlic planted nearby can help protect the plant from disease and insect predation[18, 20]. Grows badly with boxwood[18]. Hybridizes freely with other members of this genus[80]. Plants in this genus are notably susceptible to honey fungus[200].

# 3.0.32 Symphytum officinale

Comfrey, Common comfrey 3 tlin 10 cyuc 3 kcak 4 tcan 5 dwat 1.2 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli drutta Symphytum officinale is a PERENNIAL growing

drutta Symphytum officinale is a PERENNIAL growing to 1.2 m (4ft) by 0.6 m (2ft in) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from May to June, and the seeds ripen from June to July. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista This plant contains small quantities of a toxic alkaloid which can have a cumulative effect upon the liver. Largest concentrations are found in the roots, leaves contain higher quantities of the alkaloid as they grow older and young leaves contain almost none. Most people would have to consume very large quantities of the plant in order to do any harm, though anyone with liver problems should obviously be more cautious. In general, the health-promoting properties of the plant probably far outweigh any possible disbenefits, especially if only the younger leaves are used. Use topically on unbroken skin. May cause loss of appetite, abdominal pain, vomiting. Do not use with Eucalyptus. Do not combine with herbs containing pyrrolizidine alkaloids (e.g. agrimony, alpine ragwort, help, tansy ragwort) [301].

kcakta Edible Parts: LeavesEdible Uses: Gum TeaYoung leaves - cooked or raw[2, 4, 5, 9, 46, 61]. The leaf is hairy and the texture is mucilaginous. It may be full of minerals but it is not pleasant eating for most tastes. It can be chopped up finely and added to salads, in this way the hairiness is not so obvious[183, K]. Young shoots can be used as an asparagus substitute[46]. The blanched stalks are used[183]. Older leaves can be dried and used as a tea[26]. The peeled roots are cut up and added to soups[183]. A tea is made from the dried leaves and roots[183]. The roasted roots are used with dandelion and chicory roots for making coffee[183].

tcanta Biomass Compost GumThe plant grows very quickly, producing a lot of bulk. It is tolerant of being cut several times a year and can be used to provide 'instant compost' for crops such as potatoes. Simply layer the wilted leaves at the bottom of the potato trench or apply them as a mulch in no-dig gardens. A liquid feed can be obtained by soaking the leaves in a small amount of water for a week, excellent for potassium demanding crops such as tomatoes. The leaves are also a very valuable addition to the compost heap[26, 200]. A gum obtained from the roots was at one time used in the treatment of wool before it was spun[100]. A dynamic accumulator gathering minerals or nutrients from the soil and storing them in a more bioavailable form - used as fertilizer or to improve mulch.

dwatta Anodyne Antidiarrhoeal Antirheumatic Astringent Demulcent Eczema Emollient Expectorant Haemostatic Homeopathy Refrigerant VulneraryComfrey is a commonly used herbal medicine with a long and proven history in the treatment of various complaints. The root and the leaves are used, the root being more active, and they can be taken internally or used externally as a poultice[4, 222]. Comfrey is especially useful in the external treatment of cuts,

bruises, sprains, sores, eczema, varicose veins, broken bones etc, internally it is used in the treatment of a wide range of pulmonary complaints, internal bleeding etc[4, 238, K]. The plant contains a substance called 'allantoin', a cell proliferant that speeds up the healing process[4, 21, 26, 165, 222, 238]. This substance is now synthesized in the pharmaceutical industry and used in healing creams[238]. The root and leaves are anodyne, astringent (mild), demulcent, emollient, expectorant, haemostatic, refrigerant, vulnerary[4, 21, 26, 165, 222]. Some caution is advised, however, especially in the internal use of the herb. External applications and internally taken teas or tinctures of the leaves are considered to be completely safe, but internal applications of tablets or capsules are felt to have too many drawbacks for safe usage[238]. See also the notes above on toxicity. The leaves are harvested in early summer before the plant flowers, the roots are harvested in the autumn. Both are dried for later use[238]. A homeopathic remedy is made from the fresh root, harvested before the plant flowers[232]. This has a very limited range of application, but is of great benefit in the treatment of broken bones and eye injuries[232]. The German Commission E Monographs, a therapeutic guide to herbal medicine, approve Symphytum officinale for blunt injuries (see [302] for critics of commission E).

nrakta Europe, including Britain, south and east from Scandanavia to Spain, Siberia and Turkey. ksacta Damp, often shady localities, in meadows, woods etc, especially near streams and rivers[9, 17, 244].

propta Seed - sow spring or autumn in a cold frame. When they are large enough to handle, prick the seedlings out into individual pots and grow them on in the greenhouse for their first winter. Plant them out into their permanent positions in late spring or early summer, after the last expected frosts. If you have sufficient seed you can try an outdoor sowing in situ in the spring. Division succeeds at almost any time of the year. Simply use a spade to chop off the top 7cm of root just below the soil level. The original root will regrow and you will have a number of root tops, each of which will make a new plant. These can either be potted up or planted out straight into their permanent positions.

nwatta Landscape Uses:Border, Ground cover, Specimen. Tolerates most soils and situations but prefers a moist soil and some shade[1, 4]. Grows well in heavy clay soils. Best grown in an open sunny site in a deep rich soil if it is being grown for compost material [200]. Plants can be invasive, often spreading freely by means of self-sown seed. The root system is very deep and difficult to eradicate, even small fragments of root left in the soil can produce new plants. Special Features: Attractive foliage, Edible, Fragrant foliage, Not North American native, Invasive, Naturalizing. The plant is heat tolerant in zones 9 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a clumper with limited spread [1-2]. The root pattern is fibrous dividing into a large number of fine roots [1-2]. The root pattern is fleshy. Thick or swollen fibrous or tap root [1-2].

#### 3.0.33 Campanula latifolia

Large Campanula, Giant bellflower 3 tlin 7 cyuc 3 kcak 0 tcan 1 dwat 1.5 m hkuc pcimhmim cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli priklwis hpa7tmwatli fyifxre7t hjonli

drutta Campanula latifolia is a PERENNIAL growing to 1.5 m (5ft) by 0.5 m (1ft 8in). See above for USDA hardiness. It is hardy to UK zone 3 and is not frost tender. It is in flower from July to August, and the seeds ripen from August to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees, flies, beetles, Lepidoptera (Moths and Butterflies). The plant is self-fertile.

Suitable for: light (sandy) and medium (loamy) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: neutral and basic (mildly alkaline) soils. It can grow in full shade (deep woodland) or semi-shade (light woodland). It prefers dry or moist soil.

kcakta Edible Parts: Flowers Leaves RootEdible Uses: Young shoots - raw or cooked[5, 177]. Contains up to 400mg% of vitamin C[174]. Root - raw[74]. This report is rather vague and needs further investigation. Flowers - raw or cooked. A pleasant sweetness[K].

dwatta Emetic Vitamin CThe flowers are emetic[61].

nrakta Much of Europe, including Britain, north to Norway east to Siberia and W. Asia. ksacta Woodlands, lush meadows and hedgerows, frequently on slightly acid soils[1, 5, 31, 271].

propta Seed - surface sow in spring in a cold frame. Three or four weeks pre-chilling of the seed improves the germination rate[138]. The seed usually germinates in 2 - 4 weeks at 18°c[138]. When they are large enough to handle, prick the seedlings out into individual pots and grow them on in a cold frame for at least their first winter. Plant them out into their permanent positions in late spring or early summer, after the last expected frosts. The seed can also be sown outdoors in situ during the spring. Basal cuttings in spring[1]. Harvest the shoots when they are about 10 - 15cm long with plenty of underground stem. Pot them up into individual pots and keep them in light shade in a cold frame or greenhouse until they are rooting well. Plant them out in the summer. Division in spring or autumn[111]. Very easy, larger clumps can be replanted direct into their permanent positions, though it is best to pot up smaller clumps and grow them on in a cold frame until they are rooting well. Plant them out in the summer or following spring.

nwatta A very robust plant, capable of succeeding in the wild garden and tolerating considerable neglect[271]. It succeeds in most fertile well-drained soils[233], though it prefers a moist but well-drained rich sandy loam and a neutral or alkaline soil in sun or partial shade[1, 200]. Prefers a humus-rich soil in shade or partial shade[271]. Grows well in cool moist woodlands with light shade where it can spread freely[1]. Plants occasionally grow in old walls[219] and also succeed in the dry shade of trees[233]. Plants are hardy to at least -15°c[200]. The species in this genus do not often hybridize and so seed can generally be relied upon to come true[221]. The plants are self-fertile[221]. Members of this genus are rarely if ever troubled by browsing deer or rabbits[233]. A very ornamental plant, there are some named varieties[187]. The species can be quite invasive, though most of the cultivars that have been selected for flower colour are less rampant[271].

# 3.0.34 Asclepias incarnata

Swamp Milkweed, Swamp Butterfly Weed, Marsh Milkweed 3 tlin 8 cyuc 3 kcak 3 tcan 2 dwat 1.2 m hkuc hmimhtut cyutli kyuctcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Asclepias incarnata is a PERENNIAL growing to 1.2 m (4ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 3. It is in flower from July to August, and the seeds ripen in September. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees, insects, Lepidoptera (Moths and Butterflies). The plant is self-fertile. It is noted for attracting wildlife. Suitable for: light (sandy) and medium (loamy) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry moist or wet soil.

pcista Although no specific reports have been seen for this species, many, if not all, members of this genus contain toxic resinoids, alkaloids and cardiac glycosides[274]. They are usually avoided by grazing animals[274]. The leaves and the stems might be poisonous[20].

kcakta Edible Parts: Flowers Leaves Oil SeedpodEdible Uses: Oil SweetenerUnopened flower buds - cooked[46, 61, 161]. Tasting somewhat like peas[85]. They can also be dried and stored for later use[183]. Young shoots - cooked. An asparagus substitute[85, 106]. Tips of older shoots are cooked like spinach[85]. Young seed pods, harvested when 3 - 4 cm long - cooked. A pea-like flavour, they are very appearance.

tizing[85]. The flower clusters can be boiled down to make a sugary syrup[85].

tcanta Fibre Latex Oil Pollution Stuffing WaxA good quality fibre is obtained from the bark[46, 57, 61, 95, 112, 169]. It is used in twine, cloth etc[112]. It is easily harvested in late autumn, after the plants have died down, by simply pulling it off the dead stems[112]. The seed floss is used to stuff pillows etc or is mixed with other fibres to make cloth[57, 171]. It is a Kapok substitute, it is used in Life Jackets or as a stuffing material[169, 171]. It is very water repellent. The floss has also been used to mop up oil spills at sea. Rubber can be made from latex contained in the leaves and stems[57]. Pods contain an oil and a wax which are of potential importance[171]. The dogbane-milkweed family Asclepias, Apocynum, Calotropis, and Trachomitum spp) has been used for fiber industrial crops for millennia with a number in cultivation as regional crops. All of these crops are dualpurpose fibres, offering bast fibres from the stem and seed finer or 'floss' in the fruit pods. Many have also been identified as potential hydrocarbon crops due to high latex content. Could be integrated into various agroforestry systems rather than as monocultures [1-1].

dwatta Anthelmintic Carminative Diuretic Emetic Laxative StomachicA tea made from the roots is anthelmintic, carminative, diuretic, emetic, strongly laxative and stom-achic[4, 61, 222, 257]. The tea is said to remove tapeworms from the body in one hour[257]. It has also been used in the treatment of asthma, rheumatism, syphilis, worms and as a heart tonic[4, 207, 222]. An infusion of the roots is used as a strengthening bath for children and adults[257].

nrakta N. America - Quebec to Manitoba and Wyoming, south to Texas and New Mexico. ksacta Swamps, wet thickets and shores[43].

propta Seed - best sown in a greenhouse as soon as it is ripe in the autumn or in late winter[134, 169]. We have also had good results from sowing the seed in the greenhouse in early spring[K], though stored seed might need 2 - 3 weeks cold stratification[134]. Germination usually takes place in 1 - 3 months at 18°c[134]. As soon as the seedlings are large enough to handle, prick them out into individual pots and grow them on in the greenhouse for their first winter. Plant out when they are in active growth in late spring or early summer and give them some protection from slugs until they are growing away strongly. Division in spring. With great care since the plant resents root disturbance. Pot the divisions up and place them in a lightly shaded position in the greenhouse until they are growing away strongly, then plant them out in the summer, giving them some protection from slugs until they are established.. Basal cuttings in late spring. Use shoots about 10cm long with as much of their white underground stem as possible. Pot them up individually and place them in a lightly shaded position in a greenhouse until they are rooting and growing actively. If the plants grow sufficiently, they can be put into their permanent positions in the summer, otherwise keep them in the greenhouse until the following spring and when they are in active growth plant them out into their permanent positions. Give them some protection from slugs until they are established.

nwatta Experimental Crop Industrial Crop: Hydrocarbon Management: HayLandscape Uses:Border, Foundation, Massing. Prefers a well-drained light rich or peaty soil[1, 200]. Requires a moist soil and a sunny position, doing well by water[111, 134]. Succeeds on dry soils and on all soil types[112]. Plants are hardy to at least -25°c[187]. A very ornamental plant[1], the flowers are very attractive to butterflies[169]. The flower of many members of this genus can trap insects between its anther cells, the struggles of the insect in escaping ensure the pollination of the plant[207]. Many members of this genus seem to be particularly prone to damage by slugs. The young growth in spring is especially vulnerable, but older growth is also attacked and even well-established plants have been destroyed in wet years[K]. Plants resent root disturbance and are best planted into their final positions whilst small[134]. Special Features: Attractive foliage, North American native, Naturalizing, Wetlands plant, Attracts butterflies, Suitable for cut flowers, Fragrant flowers. The plant is heat tolerant in zones 9 through 2. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over

86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the aboveground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a clumper with limited spread [1-2]. The root pattern is rhizomatous with underground stems sending roots and shoots along their length [1-2].

#### 3.0.35 Filipendula ulmaria

Meadowsweet, Queen of the meadow, Double Lady of the Meadow, European Meadowsweet

3 tlin 9 cyuc 3 kcak 3 tcan 3 dwat 1.2 m hkuc hmimhtut cyutli tcuphja7n hwicli hrasjlutnyikfrip hpa7tli priklwis hpa7tmwatli fyifxre7t hjonli

drutta Filipendula ulmaria is a PERENNIAL growing to 1.2 m (4ft) by 0.4 m (1ft 4in) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 2 and is not frost tender. It is in flower from June to August, and the seeds ripen from August to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees, flies, beetles. The plant is self-fertile. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil.

pcista Avoid for asthmatics. Use by children for diarhoea not recommended or for children under 12 due to salicylate content (risk of Reye's syndrome) [301]

kcakta Edible Parts: Flowers Leaves RootEdible Uses: Condiment TeaAll parts of the plant are edible. Root cooked[2, 141]. Young leaves - cooked as a flavouring in soups[177]. Young leaves, flowers and roots are brewed into a tea[183]. The dried leaves are used as a flavouring[12, 100], especially as a sweetener in herb teas[13, 183]. The flowers are used as a flavouring in various alcoholic beverages and in stewed fruits[183]. Adding them to wine or beer is said to make a very heady brew[244]. They are also made into a syrup which can be used in cooling drinks and fruit salads[183].

tcanta Dye Essential Pot-pourri StrewingA black dye is obtained from the roots. It is brown[141]. A yellow dye is obtained from the plant tops[106]. An essential oil obtained from the flower buds is used in perfumery[46, 61]. The whole plant, but especially the leaves[245], was formerly used as a strewing herb, imparting an almond-like fragrance[4, 66]. Strongly aromatic, its delightful perfume would completely fill the room[244]. Both flowers and leaves have been used in pot-pourri, retaining their scent for several months. The scent of the dried flowers becoming more and more pleasant with age[245].

dwatta Alterative Antiinflammatory Antirheumatic Antiseptic Aromatic Astringent Diaphoretic Diuretic Dysentery Homeopathy Stomachic TonicMeadowsweet has a very long history of herbal use, it was one of the three most sacred herbs of the Druids[238]. The leaves and flowering stems are alterative, anti-inflammatory, antiseptic, aromatic, astringent, diaphoretic, diuretic, stomachic and tonic[4, 9, 21, 165]. The plant is harvested in July when it is in flower and can be dried for later use[4]. The flower head contains salicylic acid, from which the drug aspirin can be synthesised[200, 238]. Unlike the extracted aspirin, which can cause gastric ulceration at high doses, the combination of constituents in meadowsweet act to protect the inner lining of the stomach and intestines whilst still providing the antiinflammatory benefits of aspirin[254]. The herb is a valuable medicine in the treatment of diarrhoea, indeed it is considered almost specific in the treatment of children's diarrhoea[4]. It is also considered to be a useful stomachic, being used to treat hyperacidity, heartburn, gastritis and peptic ulcers, for which it is one of the most effective plant remedies[4, 238]. It is also frequently used in the treatment of afflictions of the blood[4]. Meadowsweet is also effective against the organisms causing diphtheria, dysentery and pneumonia[238]. This remedy should not be given to people who are hypersensitive to aspirin[238]. A strong decoction of the boiled root is said to be effective, when used externally, in the treatment of sores and ulcers[244]. A homeopathic remedy is made from the fresh root[9]. The German Commission E Monographs, a therapeutic guide to herbal medicine, approve Filipendula ulmaria Meadowsweet for cough, bronchitis, fever and cold (see [302] for critics of commission E).

nrakta Europe, including Britain, from Iceland south and east to Spain, temperate Asia and Mongolia. ksacta Wet ground in swamps, marshes, fens, wet woods and meadows, wet rock ledges and by rivers, but not on acid peats[17].

propta Seed - best sown in the autumn in a cold frame[1]. The seed can also be sown in a cold frame in spring, germinating best at a temperature of 10 - 13°c[200]. When they are large enough to handle, prick the seedlings out into individual pots and plant them out in the summer if they have grown enough. If not, keep them in a cold frame for the winter and plant them out in late spring. Division in autumn or winter[200]. Very easy, larger clumps can be replanted direct into their permanent positions, though it is best to pot up smaller clumps and grow them on in a cold frame until they are rooting well. Plant them out in the spring.

nwatta Landscape Uses:Border, Massing, Rock garden, Seashore, Specimen, Woodland garden. Requires a humusrich moist soil in semi-shade[200]. Succeeds in full sun only if the soil is reliably moist throughout the growing season[200]. Dislikes dry or acid soils[1, 17]. Does well in marshy soils[24, 200]. Grows well in heavy clay soils. The flowers have a strong sweet smell[4], which for many people is sickly[245]. The leaves are also aromatic[187], though the scent is very different from the flowers[4]. The leaves are pleasantly aromatic[245]. A good bee plant[24, 30]. Members of this genus are rarely if ever troubled by browsing deer[233]. Special Features:Attractive foliage, Edible, Fragrant foliage, Not North American native, Naturalizing, Suitable for cut flowers, Suitable for dried flowers, Fragrant flowers.

#### 3.0.36 Tragopogon pratensis

Goat's Beard

3 tlin 7 cyuc 3 kcak 0 tcan 2 dwat 0.6 m hkuc

htut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Tragopogon pratensis is a ANNUAL/PERENNIAL growing to 0.6 m (2ft). See above for USDA hardiness. It is hardy to UK zone 3 and is not frost tender. It is in flower from June to July, and the seeds ripen from August to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees, flies. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It cannot grow in the shade. It prefers moist soil. The plant can tolerates strong winds but not maritime exposure.

kcakta Edible Parts: Leaves Root StemEdible Uses: Root - raw or cooked[2, 9, 12, 52, 100]. The roots have a sweet flavour due to their inulin content[7]. The young roots can be eaten raw whilst older roots are best cooked like parsnips or salsify[9]. They are often blanched before use[183]. Young leaves and shoots - raw or cooked[2, 5, 12, 52, 62, 183]. They can be added to mixed salads or used in soups etc[7, 9]. The leaves are best used as they come into growth in the spring[9]. The flowering stem, including the

buds, is cooked and served like asparagus[183].

tcanta CosmeticAn infusion of the petals is used to clear the skin and lighten freckles[7]. A distilled water made from the plant is used in cleansing lotions for dry skins[7].

dwatta Astringent Depurative Diuretic Expectorant StomachicGoat's beard is considered to be a useful remedy for the liver and gallbladder[254]. It appears to have a detoxifying effect and may stimulate the appetite and digestion. Its high inulin content makes this herb a useful food for diabetics since inulin is a nutrient made of fructose rather than glucose units and therefore does not raise blood sugar levels[254]. The root is astringent, depurative, diuretic, expectorant, nutritive and stomachic[7, 21]. A syrup made from the root gives great relief in cases of obstinate coughs and bronchitis[7]. A decoction of the root is given in the treatment of heartburn, loss of appetite and disorders of the breast or liver[240]. The root is harvested in the autumn and dried for later use[7]. The fresh juice of young plants is said to be

a good dissolver of bile, relieving the stomach without side effects[4].

nrakta Europe, including Britain, from Scandanavia south and east to Spain, Caucasus, Siberia, Iran. ksacta Meadows, pastures, dunes, waysides and waste places[17].

propta Seed - sow spring in situ. Make sure to water the seed in if the weather is dry.

nwatta Succeeds in ordinary garden soils, including heavy clays[200]. Goat's beard was formerly cultivated as a vegetable, though it has now fallen into disuse[2, 4]. Grows well in the summer meadow[24]. The flowers open at daybreak and close before noon[4].

#### 3.0.37 Mentha x piperita officinalis

White Peppermint

3 tlin 7 cyuc 3 kcak 3 tcan 5 dwat 0.5 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatprikl-

wis hpa7tmwatli xre7t hjonli

drutta Mentha x piperita officinalis is a PERENNIAL growing to 0.5 m (1ft 8in) by 1 m (3ft 3in). See above for USDA hardiness. It is hardy to UK zone 3 and is not frost tender. It is in flower from August to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista In large quantities this plant, especially in the form of the extracted essential oil, can cause abortions so should not be used by pregnant women.

kcakta Edible Parts: LeavesEdible Uses: Condiment TeaLeaves - raw or cooked. A mild peppermint flavour, they are used as a flavouring in salads or cooked foods[183]. An essential oil from the leaves and flowers is used as a flavouring in sweets, chewing gum, ice cream etc[183]. A herb tea is made from the fresh or dried leaves[183].

tcanta Essential Repellent StrewingAn essential oil obtained from the whole plant is used in perfumery[46, 105]. It is also an ingredient of oral hygiene preparations, toiletries etc[238]. Peppermint leaves are used as an ingredient of potpourri[238]. They were formerly used as a strewing herb[14] The plant repels insects, rats etc[14, 18, 20]. Rats and mice intensely dislike the smell of mint. The plant was therefore used in homes as a strewing herb and has also been spread in granaries to keep the rodents off the grain[244]. A dynamic accumulator gathering minerals or nutrients from the soil and storing them in a more bioavailable form - used as fertilizer or to improve mulch. Dynamic accumulator.

dwatta Anodyne Antiseptic Antispasmodic Aromatherapy Carminative Cholagogue Diaphoretic Refrigerant Stomachic Tonic VasodilatorWhite peppermint is a very important and commonly used remedy, being employed by allopathic doctors as well as herbalists[9]. It is also widely used as a domestic remedy. This cultivar is considered to be milder acting than black peppermint (Mentha x piperita vulgaris). A tea made from the leaves has traditionally been used in the treatment of fevers, headaches, digestive disorders (especially flatulence) and various minor ailments[222, 238]. The herb is abortifacient, anodyne, antiseptic, antispasmodic, carminative, cholagogue, diaphoretic, refrigerant, stomachic, tonic and vasodilator[4, 9, 21, 165, 238]. An infusion is used in the treatment of irritable bowel syndrome, digestive problems, spastic colon etc[254]. Externally a lotion is applied to the skin to relieve pain and reduce sensitivity[254]. The leaves and stems can be used fresh or dried, they are harvested for drying in August as the flowers start to open[4]. The essential oil in the leaves is antiseptic and strongly antibacterial, though it is toxic in large doses[222, 254]. When diluted it can be used as an inhalant and chest rub for respiratory infections[254]. The essential oil is used in aromatherapy. Its keyword is 'Cooling'[210].

nrakta Britain. ksacta A natural hybrid, M. aquatica x M. spicata found in moist soils.

propta Seed - sow spring in a cold frame. Germination is usually fairly quick. Prick out the seedlings into individual pots when they are large enough to handle and plant them out in the summer. Mentha species are very prone to hybridisation and so the seed cannot be relied on to breed true. Even without hybridisation, seedlings will not be uniform and so the content of medicinal oils etc will vary. When growing plants with a particular aroma it is best to propagate them by division[K]. Division can be easily carried out at almost any time of the year, though it is probably best done in the spring or autumn to allow the plant to establish more quickly. Virtually any part of the root is capable of growing into a new plant. Larger divisions can be planted out direct into their permanent positions. However, for maximum increase it is possible to divide the roots up into sections no more than 3cm long and pot these up in light shade in a cold frame. They will quickly become established and can be planted out in the summer. nwatta Succeeds in most soils and situations so long as

the soil is not too dry[1, 200]. Grows well in heavy clay soils. A sunny position is best for the production of essential oils, but the plant also succeeds in partial shade. Prefers a slightly acid soil[16]. Often grown in the herb garden and also commercially for its essential oil. The whole plant has a pleasant aroma of peppermint. Most mints have fairly aggressive spreading roots and, unless you have the space to let them roam, they need to be restrained by some means such as planting them in containers that are buried in the soil[K]. Hybridizes freely with other members of this genus. The flowers are very attractive to bees and butterflies[24]. A good companion for growing near cabbages and tomatoes, helping to keep them free of insect pests[14, 20]. Produces a better quality essential oil if the plant is grown in dry ground[115]. Members of this genus are rarely if ever troubled by browsing deer[233]. For polyculture design as well as the aboveground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a runner spreading indefinitely by rhizomes or stolons [1-2]. The root pattern is rhizomatous with underground stems sending roots and shoots along their length [1-2]. The root pattern is stoloniferous rooting from creeping stems above the ground [1-2].

#### 4 tlin 4

#### 4.1bwon

#### 4.1.1 Vicia faba major

Broad Bean, Fava Bean tfo2n 4 tlin 10 cyuc 4 kcak 3 tcan 1 dwat m hkuc

hmimhtut cyutli hgattcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Vicia faba major is a ANNUAL growing to 1  $\,\mathrm{m}$ (3ft 3in) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from May to August, and the seeds ripen from July to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. The plant is self-fertile. It can fix Nitrogen. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure.

pcista Although often used as an edible seed, there are reports that eating the seed of this plant can cause the disease 'Favism' in susceptible people[7, 76]. Inhaling the pollen can also cause the disease[7, 218]. Favism, which is a severe haemolytic anaemia due to an inherited enzymatic deficiency[218], only occurs in cases of excessive consumption of the raw seed (no more details are given[K]) and when the person is genetically inclined towards the disease[7, 213]. About 1% of Caucasians and 15% of Negroids are susceptible to the disease[218].

kcakta Edible Parts: Leaves SeedEdible Uses: Immature seed - raw or cooked. Broad bean seeds are very nutritious and are frequently used as items of food. The seeds can be eaten raw when they are small and tender, as they grow older they can be cooked as a vegetable[2, 7, 16, 132, 183]. They have a very pleasant floury taste[K]. There are some potential problems to the use of these seeds if they are consumed

in large quantities[7] - see the notes above on toxicity. Mature seeds can be eaten cooked as a vegetable or added to soups etc[2, 7, 16, 183]. They are best soaked for 12-24 hours prior to cooking in order to soften them and reduce the cooking time[K]. They will also become more nutritious this way [K ]. The flavour is mild and pleasant with a floury texture [K ]. They can also be dried and ground into a flour for use in making bread etc with cereal flours[183]. The seed can also be fermented to make tempeh'[183]. Made into a paste, they can be used as a sandwich filling[299]. The seed can be sprouted before being cooked[183]. Popped seeds can be salted and eaten as a snack or roasted like peanuts[183 ]. Young pods - cooked and eaten as a vegetable[183]. They quickly become fibrous as they grow larger[183], and also develop a hairy coating inside the pods that can become unpleasant as the pods get larger[K]. Young leaves - cooked. They are very nutritious and can be used like spinach[105, tcanta Fibre Soap makingAgroforestry Uses: The stems

and leaves are sometimes used as a green manure[299]. Broad beans grow well with carrots, cauliflowers, beet, cucumber, cabbages, leeks, celeriac, corn and potatoes, but is inhibited by onions, garlic and shallots[18, 20]. Other Uses: A fibre is obtained from the stems. The burnt stems are rich in potassium and can be used in making soap. The dried stems can be burnt as a fuel[299].

dwatta DiureticThe seedpods are diuretic and lithontripic[7].

nrakta Long cultivated for its seed, the original habitat is obscure. ksacta Not known in a truly wild situation.

propta Pre-soak the seed for 24 hours in warm water and then sow in situ in succession from late winter until early summer. Germination should take place in about 7 - 10 days. The earlier sowings should be of suitably hardy varieties such as the 'Longpods' whilst later sowings can be of the tastier varieties such as the 'Windsors'. By making fresh sowings every 3 weeks you will have a continuous supply of fresh young seeds from early summer until early autumn. If you want to grow the beans to maturity then the seed needs to be sown by the middle of spring. You may need to protect the seed from the ravages of mice. Another sowing can be made in middle to late autumn. This has to be timed according to the area where the plants are being grown. The idea is that the plants will make some growth in the autumn and be perhaps 15 - 20cm tall by the time the colder part of winter sets in. As long as the winter is not too severe, the plants should stand well and will grow away rapidly in the spring to produce an earlier crop. The plants will also be less likely to be attacked by blackfly. Make sure you choose a suitably hardy variety for this sowing. nwatta Broad beans originated in warm temperate areas

and can be cultivated from the cold temperate zone to the subtropics, and also at higher elevations from 1,300 - 3,800 metres in the tropics. It may flower well in the lowland tropics, but usually does not produce pods[299 ]. The ideal temperature range in the growing season

is between 18 - 27°c, at higher temperatures the flowers are often aborted[200 The plant requires an annual rainfall of 700 -

1,000mm, of which more than 60% should occur during the growing period[299

]. Prefers a fairly heavy loam but succeeds in a sunny position in most soils that are well-drained[1

, 200

]. Grows well in heavy clay soils. Dislikes dry conditions according to some reports[87

- ,  $20\mbox{\ensuremath{\mbox{0}}}$  ], whilst another says that it is drought tolerant once estimates tablished[132
  - ]. Prefers a pH in the range 5.5 to 7[200
- There are two main forms of this species small seeded forms that are more commonly grown for feeding livestock and as a green manure, and larger seeded forms that are usually grown for human food. Of the larger seeded forms there are two main types:- 'Longpod' beans are the more hardy and can be sown in the autumn in cool temperate areas. 'Windsor' beans, which are considered to be finer flavoured, are less tolerant of the cold and so are best sown in spring[132
- ]. Autumn sown varieties are more susceptible to 'chocolate spot' fungus, this problem can be alleviated by the addition of potash to the soil[87

]. Black fly can be a major problem. Autumn sown crops are less likely to be affected. Pinching out the soft tips of the plants, one they are tall enough and are beginning to flower, can reduce the problem since the blackfly always start on the soft shoots and then spread to the older stems. This species has a symbiotic relationship with certain soil bacteria, these bacteria form nodules on the roots and fix atmospheric nitrogen. Some of this nitrogen is utilized by the growing plant but some can also be used by other plants growing nearby[200

 When removing plant remains at the end of the growing season, it is best to only remove the aerial parts of the plant, leaving the roots in the ground to decay and release their nitrogen.

# 4.1.2 Desmanthus illinoensis

Prairie Mimosa, Illinois bundleflower tfo2n 4 tlin 8 cyuc 4 kcak 1 tcan 1 dwat 1.3 m hkuc htut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis

hpa7tmwatli xre7t hjonli

drutta Desmanthus illinoensis is a PERENNIAL growing to 1.3 m (4ft 3in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from May to July. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It can fix Nitrogen. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It cannot grow in the shade. It prefers moist soil.

kcakta Edible Parts: SeedEdible Uses: Seed - cooked. Rich in protein but without much flavour[183]. The seedpods are about 25mm long and contain 3 - 5 small seeds[235]. They are freely borne in the plants native environment, but will have to be very freely produced in this country if it is to be a worthwhile crop[K].

tcanta Root bark of D. illinoensis has been found to contain N,N-DMT, NMT, N-hydroxy-N-methyltryptamine, 2-hydroxy-N-methyltryptamine, and gramine (toxic). The root bark is mixed with a native source of beta-Carbolines to produce a hallucinogenic drink called prairiehuasca, which is an analog of the shamanic brew ayahuasca.

dwatta Antipruritic OphthalmicA leaf tea has been used in the treatment of itchy skin[222, 257]. Five seeds have been placed in the eye at night and washed out in the morning to treat trachoma[257].

nrakta N. America - Ohio to N. Dakota, New Mexico to Mississippi. ksacta Prairies, river banks and fields[222, 235]. Ditches, stream bottoms, fields, roadsides and low areas, often on clay soils[274].

propta Seed - pre-soak for 12 hours in warm water and then sow in a cold frame in the spring. Prick out the seedlings into individual pots as soon as they are large enough to handle and plant them out into their permanent positions in early summer. If you have sufficient seed then it is probably worthwhile sowing some in situ in mid to late spring.

nwatta Agroforestry Services: Nitrogen Management: dard Staple Crop: Protein Under DevelopmentRe-Standard Staple Crop: quires a moist but well-drained soil in full sun[200]. Plants are often found growing in clay soils in the wild[274]. Suitable for the wild garden or other naturalistic plantings[200]. In favourable situations this plant can self-sow to the point of nuisance[200]. This plant is being evaluated by the Land Institute of Salina, Kansas, as an edible legume for growing with perennial grains in a non-tillage permaculture system[183]. It is certainly worthy of more attention in this country, though the small seed size mitigates against its use[K]. This species has a symbiotic relationship with certain soil bacteria, these bacteria form nodules on the roots and fix atmospheric nitrogen. Some of this nitrogen is utilized by the growing plant but some can also be used by other plants growing nearby[200].

#### 4.1.3 Vicia faba minuta

Tick Bean tfo2n 4 tlin 8 cyuc 3 kcak 3 tcan 0 dwat m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli drutta Vicia faba minuta is a ANNUAL growing to 1 m (3ft 3in) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from May to August, and the seeds ripen from July to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. The plant is self-fertile. It can fix Nitrogen. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerates strong winds but not maritime exposure.

pcista Although often used as an edible seed, there is a

report that eating the seed of this plant can cause the disease 'Favism' in susceptible people[76]. Favism only occurs in cases of excessive consumption of the seed (no more details are given[K]) and when the person is genetically inclined towards the disease[213].

kcakta Edible Parts: SeedEdible Uses: Seed - raw or cooked[27, 61]. It can be eaten before it is fully ripe in the same way as broad beans, the fully ripe seed requires overnight soaking to soften it before it is cooked. Leaves - cooked[105]. Used like spinach.

tcanta Fibre Green manure Soap makingA good green manure crop, it is best sown in the spring. Relatively fast growing, producing a good bulk and fixing nitrogen[87]. The upright growth is not a very good weed suppresser though. A fibre is obtained from the stems. The burnt stems are rich in potassium and can be used in making soap.

nrakta Long cultivated for its seed, the original habitat is obscure. ksacta Not known in a truly wild situation.

propta Pre-soak the seed for 24 hours in warm water and then sow in situ in spring or autumn.

nwatta Prefers a fairly heavy loam but succeeds in a sunny position in most soils that are well-drained[1]. Grows well in heavy clay soils. Dislikes dry conditions[57]. Sometimes cultivated for its edible seed, though more commonly as a green manure crop[87]. Tick beans are not as winterhardy as other forms of this species and so are best sown in the spring. The autumn sown varieties are more susceptible to 'chocolate spot' fungus (which can be remedied by the addition of potash to the soil) but are more likely to escape damage from aphis[87]. This species has a symbiotic relationship with certain soil bacteria, these bacteria form nodules on the roots and fix atmospheric nitrogen. Some of this nitrogen is utilized by the growing plant but some can also be used by other plants growing nearby[200]. When removing plant remains at the end of the growing season, it is best to only remove the aerial parts of the plant, leaving the roots in the ground to decay and release their nitrogen.

#### 4.1.4 Vicia faba equina

Horsebean

tfo2n 4 tlin 8 cyuc 3 kcak 3 tcan 0 dwat 1 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Vicia faba equina is a ANNUAL growing to 1 m (3ft 3in) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from May to August, and the seeds ripen from July to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. The plant is self-fertile. It can fix Nitrogen. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerates strong winds but not maritime exposure.

pcista Although often used as an edible seed, there is a report that eating the seed of this plant can cause the disease 'Favism' in susceptible people[76]. Favism only occurs in cases of excessive consumption of the seed (no more details are given[K]) and when the person is genetically inclined towards the disease[213].

kcakta Edible Parts: Leaves SeedEdible Uses: Seed - raw or cooked[27, 61]. It can be eaten before it is fully ripe in the same way as broad beans, the fully ripe seed requires overnight soaking to soften it before it is cooked. Leaves - cooked[105]. Used like spinach.

tcanta Fibre Green manure Soap makingA good green manure crop, sown in autumn or spring. Relatively fast growing, producing a good bulk and fixing nitrogen[87]. The upright growth is not a very good weed suppresser though. A fibre is obtained from the stems. The burnt stems are rich in potassium and can be used in making soap.

nrakta Long cultivated for its seed, the original habitat is obscure. ksacta Not known in a truly wild situation.

propta Pre-soak the seed for 24 hours in warm water and then sow in situ in spring or autumn.

nwatta Prefers a fairly heavy loam but succeeds in a sunny position in most soils that are well-drained[1]. Grows well in heavy clay soils. Dislikes dry conditions[57]. Sometimes cultivated for its edible seed, more commonly as a green manure crop[87]. There are 2 main types, 'daffa' beans are the more hardy and can be sown in the autumn, whilst 'tic' beans are best sown in spring. The autumn sown varieties are more susceptible to 'chocolate spot' fungus (which can be remedied by the addition of potash to the soil) but are more likely to escape damage from aphis[87]. This species has a symbiotic relationship with certain soil bacteria, these bacteria form nodules on the roots and fix atmospheric nitrogen. Some of this nitrogen is utilized by the growing plant but some can also be used by other plants growing nearby [200]. When removing plant remains at the end of the growing season, it is best to only remove the aerial parts of the plant, leaving the roots in the ground to decay and release their

## 4.1.5 Trifolium repens

nitrogen.

White Clover, Dutch Clover, Purple Dutch Clover, Shamrock, White Clover

tfo2n 4 tlin 8 cyuc 3 kcak 4 tcan 2 dwat 0.1 m hkuc htut cyutli tcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Trifolium repens is an evergreen Perennial growing to 0.1 m (0ft 4in) by 1 m (3ft 3in) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in leaf all year, in flower from June to September, and the seeds ripen from July to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. It can fix Nitrogen. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It cannot grow in the shade. It prefers moist soil.

pcista This plant has been known to cause problems for grazing animals, though this has never happened in Britain[76]. The problem may be associated with the climate in which the plant is growing[76]. The species is polymorphic for cyanogenic glycosides[218]. The leaves and flowers of certain cyanogenic phenotypes contain a glycoside which releases cyanide on contact with the enzyme linamarase[218].

kcakta Edible Parts: Flowers Leaves RootEdible Uses: Condiment TeaLeaves - raw or cooked as a potherb[13, 94, 183]. The young leaves are harvested before the plant comes into flower and are used in salads, soups etc[9]. They can also be used as a vegetable, cooked like spinach[9]. The leaves are best cooked[172]. Flowers and seed pods are dried, ground into powder and used as a flour or sprinkled on cooked foods such as boiled rice[183]. Very wholesome and nutritious[115]. The young flowers can also be used in salads[144, 172, 183]. Root - cooked[172, 177]. The dried leaves impart a vanilla flavour to cakes etc[172]. Dried flowering heads are a tea substitute.

tcanta Fodder Green manureThe plant makes a good green manure, it is useful for over-wintering, especially in a mixture with Lolium perenne[87]. Produces a good bulk. It is a host to 'clover rot' however, so should not be used too frequently[87]. It can be undersown with cereals or with tomatoes in a greenhouse (sow the seed before planting the tomatoes)[87]. Fairly deep rooting but not very fast growing[87]. A good fast ground-cover plant for a sunny position[87]. Nectary. A dynamic accumulator gathering minerals or nutrients from the soil and storing them in a more bioavailable formused as fertilizer or to improve mulch.

dwatta Antirheumatic Antiscrophulatic Depurative Detergent Ophthalmic TonicThe plant is antirheumatic, antiscrophulatic, depurative, detergent and tonic[218]. An infusion has been used in the treatment of coughs, colds, fevers and leucorrhoea[257]. A tincture of the leaves is applied as an ointment to gout[218]. An infusion of the flowers has been used as an eyewash[257].

nrakta Europe, including Britain, from Norwat south and east to N. Africa, north and western Asia. ksacta Grassland and lawns, preferring a calcareous clay soil[9, 17].

propta Pre-soak the seed for 12 hours in warm water and then sow in spring in situ. If the seed is in short supply it might be better to sow it in pots in a cold frame. When they are large enough to handle, prick the seedlings out into individual pots and plant them out in late spring. Division in spring[238].

nwatta Agroforestry Services: Nitrogen Agroforestry

Understory legume Fodder: Pasture Global gement: Fodder Management: Hay Staple Services: Crop Management: Crop: ProteinLandscape Uses: Ground cover. Succeeds in a moist, well-drained circum-neutral soil in full sun, preferring a sweet calcareous clay soil. Succeeds in poor soils. A very important food plant for the caterpillars of many butterfly and moth species[30] it is also a good bee plant[54]. A good companion plant in the lawn, tolerating trampling[18, 54], but it dislikes growing with henbane or members of the buttercup family[18]. It grows well in an apple orchard, the trees will produce tastier fruit that stores better[201]. It should not be grown with camellias or gooseberries because it harbours a mite that can cause fruit drop in the gooseberries and premature budding in the camellias[201]. Polymorphic, there are many subspecies and varieties. Some varieties have also been selected for use in lawn mixes[183]. This species has a symbiotic relationship with certain soil bacteria, these bacteria form nodules on the roots and fix atmospheric nitrogen. Some of this nitrogen is utilized by the growing plant but some can also be used by other plants growing nearby[200]. Buttercups growing nearby depress the growth of the nitrogen bacteria by means of a root exudate[201]. Special Features:Not North American native, Invasive. The plant is heat tolerant in zones 8 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a clumper with limited spread [1-2]. The root pattern is stoloniferous rooting from creeping stems above the ground [1-2].

#### **4.2** mran

### 4.2.1 Quercus ilex

Holly Oak, Evergreen Oak 4 tlin 10 cyuc 5 kcak 3 tcan 2 dwat 25 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwissliphsom hpa7tmwatli hjonli

drutta Quercus ilex is an evergreen Tree growing to 25 m (82ft) by 20 m (65ft) at a slow rate. See above for USDA hardiness. It is hardy to UK zone 7. It is in leaf all year, in flower from May to June, and the seeds ripen from September to October. The species is monoecious (individual flowers are either male or female, but both sexes can be found on the same plant) and is pollinated by Wind. Suitable for light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline and saline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerate maritime exposure.

kcakta Edible Parts: Oil SeedEdible Uses: Coffee OilSeed - raw or cooked[1, 2, 46, 61]. It can be sweet or bitter[K]. The seed is up to 3cm long[200], it can be dried, ground into a powder and used as a thickening in stews etc or mixed with cereals for making bread. The seed from some

trees contains bitter tannins, these can be leached out by thoroughly washing the seed in running water though many minerals will also be lost. Either the whole seed can be used or the seed can be dried and ground it into a powder. It can take several days or even weeks to properly leach whole seeds, one method was to wrap them in a cloth bag and place them in a stream. Leaching the powder is quicker. A simple taste test can tell when the tannin has been leached. The traditional method of preparing the seed was to bury it in boggy ground overwinter. The germinating seed was dug up in the spring when it would have lost most of its astringency. The roasted seed is a coffee substitute. An edible oil is obtained from the seed[183]. One reader noted the Q. suber population of the Mamora forest in Morocco contains only sweet acorns and can be eaten raw, it has a similar taste to raw chestnuts. The skin removes quite easyl Quercus ilex also exists with tannin-free acorns in the moroccan forests, the locals say around 20 percent are sweet.

tcanta Fodder Fuel Hedge Hedge Oil Repellent Shelterbelt Tannin WoodLandscape Uses: Specimen, Street tree. A mulch of the leaves repels slugs, grubs etc, though fresh leaves should not be used as these can inhibit plant growth[20]. Oak galls are excrescences that are sometimes produced in great numbers on the tree and are caused by the activity of the larvae of different insects. The insects live inside these galls, obtaining their nutrient therein. When the insect pupates and leaves, the gall can be used as a rich source of tannin, that can also be used as a dyestuff[4]. Very tolerant of maritime exposure and of trimming, it can be grown as a shelterbelt tree or hedge in maritime areas[11, 29, 49, 75]. Wood - strong, hard, durable. Used for furniture[46, 61, 89]. It makes a good charcoal[89] and a good fuel, burning well even if green[146]. The bark is a source of tannin[146]. Heat Zone: 9-2.

dwatta Astringent DysenteryAny galls produced on the tree are strongly astringent and can be used in the treatment of haemorrhages, chronic diarrhoea, dysentery etc[4].

nrakta Europe - Mediterranean. Occasionally naturalized in Britain in S. England[17]. ksacta Arid places, maquis, woods and hills on limestone[89].

propta Seed - it quickly loses viability if it is allowed to dry out. It can be stored moist and cool overwinter but is best sown as soon as it is ripe in an outdoor seed bed, though it must be protected from mice, squirrels etc. Small quantities of seed can be sown in deep pots in a cold frame. Plants produce a deep taproot and need to be planted out into their permanent positions as soon as possible, in fact seed sown in situ will produce the best trees[11]. Trees should not be left in a nursery bed for more than 2 growing seasons without being moved or they will transplant very badly.

nwatta Fodder: Mast Industrial Standard Other nin Management: Systems: hesa Regional Crop Staple Crop: Balanced carbPrefers a good deep fertile loam which can be on the stiff side[11]. Thrives on shallow chalky soils[188]. Succeeds in all soils except those that are cold and poorly drained[98]. Grows well in sandy soils[188]. Young plants tolerate reasonable levels of side shade[200]. Very resistant to maritime exposure[11, 49, 75]. A very ornamental tree[1] but it is quite slow-growing[75]. Transplants badly unless moved regularly and this should be done as growth commences in late May or in September[11]. Fruits very freely in Britain[K]. The seed ripens in its first year[200]. The sub-species Q. ilex ballota is cultivated for its sweet-tasting edible seed in Portugal and Spain[K]. Hybridizes freely with other members of the genus[200]. This species is notably resistant to honey fungus[88, 200]. Special Features: Not North American native, Inconspicuous flowers or blooms. The plant is heat tolerant in zones 9 through 2. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a standard with a non-suckering

single trunk [1-2].

#### 4.2.2 Prunus domestica

Plum, European plum

4 tlin 9 cyuc 5 kcak 3 tcan 2 dwat 12 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatprikl-

wis hpa7tmwatli fyifxre7t hjonli

drutta Prunus domestica is a deciduous Tree growing to 12 m (39ft) by 10 m (32ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 5. It is in flower in April, and the seeds ripen from July to November. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista Although no specific mention has been seen for this species, it belongs to a genus where most, if not all members of the genus produce hydrogen cyanide, a poison that gives almonds their characteristic flavour. This toxin is found mainly in the leaves and seed and is readily detected by its bitter taste. It is usually present in too small a quantity to do any harm but any very bitter seed or fruit should not be eaten. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: Flowers Fruit Oil Oil SeedEdible Uses: Gum Oil Oil TeaFruit - raw or cooked[1, 2, 7, 46]. The fruit varies considerably from cultivar to cultivar, but it is generally somewhat mealy, soft and juicy with a delicious flavour ranging from very sweet to acid[K]. The more acid fruits are usually only used for cooking purposes[K]. The fruit varies widely in size according to cultivar but can be 8cm long and contains a single large seed[200]. Seed - raw or cooked. Do not eat the seed if it is too bitter - see the notes above on toxicity. An edible gum is obtained from points of damage on the trunk[64]. The seed contains about 20% of an edible semi-drying oil[4, 57]. It has an agreeable almond smell and flavour[4]. The flowers are eaten. They are used as a garnish for salads and ice cream or brewed into a tea[183].

tcanta Adhesive Dye Gum Oil Oil WoodA green dye can be obtained from the leaves[168]. A dark grey to green dye can be obtained from the fruit[168]. A yellow dye is obtained from the bark[115]. A gum obtained from points of damage along the stem can be used as an adhesive[64]. The ground up seeds are used cosmetically in the production of facemasks for dry skin[7]. A semi-drying oil is obtained from the seed[64]. No details of its uses. Wood - hard, compact. Used for musical instruments[115].

dwatta Febrifuge Laxative StomachicThe dried fruit, known as prunes, is a safe and effective laxative and is also stomachic[4, 7, 21, 238]. The bark is sometimes used as a febrifuge[7]. Although no specific mention has been seen for this species, all members of the genus contain amygdalin and prunasin, substances which break down in water to form hydrocyanic acid (cyanide or prussic acid). In small amounts this exceedingly poisonous compound stimulates respiration, improves digestion and gives a sense of well-being[238].

nrakta Europe to W. Asia. Naturalized in Britain. A hybrid P. spinosa x P. cerasifera divaricata. ksacta Found in hedges in Britain[17].

propta Seed - requires 2 - 3 months cold stratification and is best sown in a cold frame as soon as it is ripe[200]. Sow stored seed in a cold frame as early in the year as possible[200]. Protect the seed from mice etc. The seed can be rather slow, sometimes taking 18 months to germinate[113]. Prick out the seedlings into individual pots when they are large enough to handle. Grow them on in a greenhouse or cold frame for their first winter and plant them out in late spring or early summer of the following year. Cuttings of half-ripe wood with a heel, July/August in a frame[11, 200]. Softwood cuttings from strongly growing plants in spring to early summer in a frame[200]. Layering in spring.

nwatta Requires a well-drained moisture retentive soil[1, 11] and a sheltered position[200]. Succeeds in light shade but fruits better in a sunny position[11, 200]. Thrives

in a loamy soil, doing well on limestone[11]. Grows well in heavy clay soils. Prefers some chalk in the soil but it is apt to become chlorotic if too much is present[1]. Prefers a pH between 6 and 6.5[200]. The plum is widely cultivated for its edible fruit in temperate zones, there are many named varieties able to supply fresh fruits from late July to November or December[183]. Many cultivars are fully selffertile, though some are partially self-sterile and others require cross-pollination[200]. Where space is at a premium, or at the limits of their climatic range, plums can be grown against a wall. Most cultivars will grow well against a sunny south or west facing wall, whilst an east facing wall will suit some of the tougher cultivars, a north facing wall is not really suitable[219]. This species is probably a hybrid of ancient origin between P. spinosa and P. cerasifera, coupled with chromosome doubling[17]. It does not cross-pollinate with the Japanese plum, P. salicina[200]. Prefers growing in a continental climate, mild winters tend to encourage earlier flowering with a greater risk of frost damage to the blossom. In Britain the best fruits are produced away from the western side of the country. Most members of this genus are shallow-rooted and will produce suckers if the roots are damaged[238]. Plants in this genus are notably susceptible to honey fungus[200]. The plant is heat tolerant in zones 8 through 3. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the aboveground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. A sprouting standard sending up shoots from the base [1-2]. In garden design, as well as the above-ground architecture of a plant, root structure considerations help in choosing plants that work together for their optimal soil requirements including nutrients and water. The root pattern is flat with shallow roots spreading near the soil surface. The root pattern is suckering with new plants from runners away from the plant [2-1].

## 4.2.3 Crataegus pedicellata

Scarlet Haw, Scarlet hawthorn 4 tlin 8 cyuc 5 kcak 2 tcan 2 dwat 7 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus pedicellata is a deciduous Shrub growing to 7 m (23ft) by 7 m (23ft). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from April to May, and the seeds ripen in October. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[K]. A very variable species, especially in its fruit which ranges considerable in size and quality[K]. Up to 10mm long and pear shaped, the flesh is sweet but dry and mealy[200]. Another report says that the fruit is up to 20mm in diameter[235] and we have often seen fruits this size, or even a bit larger[K]. We find the fruits of the best forms to have an excellent flavour and juicy texture when fully ripe, but with a hint of bitterness before then[K]. They are one of the later members of this genus to ripen their fruit[K]. The fruit can be used in making pies, preserves, etc, and can also be dried for later use. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K]. tcanta Wood - heavy, hard, tough, close-grained. Useful

for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta Northeastern N. America - Connecticut to Ontario, Illinois and Pennsylvania. Naturalized in Britain. ksacta Self-sown in hedges and rough ground in south-eastern England.

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a welldrained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Plants are hardy to at least -18°c[202]. A very variable species, it has been divided up into several different species by some botanists[82]. The sub-species C. pedicellata gloriosa. Sarg. has larger fruits than the type[11]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. A user in Poland says that Crataegus pedicellata exists in the wild in Eastern Poland and can support winter temperatures at least until

# 4.2.4 Pyrus communis sativa

Pea

4 tlin 8 cyuc 5 kcak 3 tcan 0 dwat 5 m hkuc hmimhtut cyutli hgattcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli dyatxre7t hjonli

drutta Pyrus communis sativa is a deciduous Tree growing to 5 m (16ft 5in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from April to May. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is not self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil and can tolerate drought. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. The flavour ranges from rather harsh and astringent (cultivars used for making alcoholic drinks) through to soft, sweet and very juicy. The best dessert fruits have an exquisite sweet flavour, usually with a very soft flesh, whilst cooking varieties have harder less sweet flesh[K].

tcanta Dye WoodA yellow-tan dye is obtained from the leaves[106, 115]. Wood - heavy, tough, durable, fine grained, hard. Used by cabinet and instrument makers[11, 61, 100, 149]. When covered with black varnish it is an excellent ebony substitute[74].

nrakta A garden cultivar, probably derived from P. communis, P. cordata and P. nivalis[11]. ksacta Not known in the wild.

propta Seed - best sown in a cold frame as soon as it is ripe in the autumn, it will then usually germinate in mid to late winter. Stored seed requires 8 - 10 weeks cold stratification at 1°c and should be sown as early in the year as possible[200]. Temperatures over 15 - 20°c induce a secondary dormancy in the seed[200]. Prick out the seedlings into individual pots when they are large enough to handle and grow them on in light shade in a cold frame or greenhouse for their first year. Plant them out in late spring or early summer of the following year. The seed of pear cultivars will not usually breed true to type.

nwatta Prefers a good well-drained loam in full sun[200]. Grows well in heavy clay soils[200]. Tolerates light shade but does not fruit so well in such a position. Tolerates atmospheric pollution, excessive moisture and a range of soil types if they are moderately fertile, though plants can become chlorotic on very alkaline soils [200]. Established plants are drought tolerant[200]. Very hardy, tolerating temper-atures down to below -15°c[200]. Widely cultivated for its edible fruit in temperate areas, there are many named varieties that can provide fruit from late July to April or May of the following year. This is the collective name for all the pear cultivars that have been derived from P. communis, probably through hybridization with P. cordata and P. nivalis. Where space is at a premium, or at the limits of their climatic range, pears can be grown against a wall. Most cultivars will grow well against a sunny south or west facing wall but, because of their relatively early flowering, they are not really suitable for north or east facing walls[219]. Most cultivars are not self-fertile and a number of cultivars have incompatible pollen, so care must be taken to ensure the provision of a suitable pollen partner[200]. Trees grow less well in grass, root secretions from the grass inhibiting the root growth of the pear[201]. In garden design, as well as the above-ground architecture of a plant, root structure considerations help in choosing plants that work together for their optimal soil requirements including nutrients and water. The root pattern is branching: a heart root, dividing from the crown into several primary roots going down and out [2-1].

# 4.2.5 Amelanchier alnifolia

Saskatoon, Saskatoon serviceberry, Serviceberry 4 tlin 6 cyuc 5 kcak 3 tcan 2 dwat 4 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Amelanchier alnifolia is a deciduous Shrub growing to 4 m (13ft) by 3 m (9ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 2 and is not frost tender. It is in flower in May, and the seeds ripen from June to July. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: FruitEdible Uses: TeaEdible fruit - raw or cooked[3, 11, 46, 62, 101]. The fruit ripens in mid summer (early July in southern Britain), it is soft and juicy with a few small seeds in the centre. A very nice sweet flavour that is enjoyed by almost everyone who tries it, there is a hint of apple in the taste[K]. About the size of a black-currant, the fruit is produced in small clusters and the best wild forms can be 15mm in diameter[200, 212]. The fruit can also be dried and used as raisins or made into pemmican[101, 183]. The fruit is rich in iron and copper[226]. The

leaves are a tea substitute[161, 257].

tcanta Shelterbelt Soil stabilizationPlants have a spreading, suckering root system and are used in windbreaks for erosion control[200]. Young branches can be twisted to make a rope[257]. Wood - hard, straight grained, tough. Used for tool handles etc. The wood can be made even harder by heating it over a fire and it is easily moulded whilst still hot[99]. The young stems are used to make rims, handles and as a stiffening in basket making[257]. Landscape Uses: Erosion control, Massing, Woodland garden. Hedging and Screens, Architectural City and Courtyard Gardens Cottage and Informal Garden, Wildlife Gardens (RHS).

dwatta Appetizer Birthing aid Contraceptive Di-

aphoretic Febrifuge Laxative Ophthalmic StomachicSaskatoon was quite widely employed as a medicinal herb by the North American Indians, who used it to treat a wide range of minor complaints[257]. It is little used in modern herbalism. An infusion of the inner bark is used as a treatment for snow-blindness[172]. A decoction of the fruit juice is mildly laxative. It has been used in the treatment of upset stomachs, to restore the appetite in children, it is also applied externally as ear and eye drops[257]. A decoction of the roots has been used in the treatment of colds[257]. It has also been used as a treatment for too frequent menstruation[257]. A decoction of the stems, combined with the stems of snowberry (Symphoricarpos spp) is diaphoretic. It has been used to induce sweating in the treatment of fevers, flu etc and also in the treatment of chest pains and lung infections[257]. A decoction of the plant, together with bitter cherry (Prunus emarginata) has been used as a contraceptive[257]. Other recipes involving this plant have also been used as contraceptives including a decoction of the ashes of the plant combined with the ashes of pine branches or buds[257]. A strong decoction of the bark was taken immediately after childbirth to hasten the dropping of the placenta. It was said to help clean out and help heal the woman's insides and also to stop her menstrual periods after the birth, thus acting as a form of birth control[257].

nrakta Western and Central N. America - Saskatchewan and south to Colorado and Idaho. ksacta Thickets, woodland edges and banks of streams[43] in moist well-drained soils[99, 200]. Small bushy forms grow on fairly dry hill-sides[212].

propta Seed - it is best harvested 'green', when the seed is fully formed but before the seed coat has hardened, and then sown immediately in pots outdoors or in a cold frame. If stored seed is obtained early enough in the autumn, it can be given 4 weeks warm stratification before being left out in the winter and it should then germinate in the spring. Otherwise seed can be very slow to germinate, perhaps taking 18 months or more. When large enough to handle, prick the seedlings out into individual pots and grow them on in a sheltered outdoor position, planting them out once they are 20cm or more tall. If there is sufficient seed it is best to sow it thinly in an outdoor seedbed[78, 80]. Grow the seedlings on for two years in the seedbed before planting them out into their permanent positions during the winter. Layering in spring takes 18 months[78]. Division of suckers in late winter. The suckers need to have been growing for 2 years before you dig them up, otherwise they will not have formed roots. They can be planted out straight into their permanent positions if re-

nwatta Prefers a rich loamy soil in a sunny position or semi-shade[1, 200] but thrives in any soil that is not too dry or water-logged[11]. Plants are fairly lime tolerant[200], they also grow well in heavy clay soils. Hardy to about -20°c according to one report[184], whilst another suggests that this species is hardy to about -50°c[11]. All members of this genus have edible fruits and, whilst this is dry and uninteresting in some species, in many others it is sweet and juicy. Many of the species have potential for use in the garden as edible ornamentals. This species is particularly interesting because it is quite compact and produces an excellent quality quite large fruit[K]. The main draw-back to this genus is that birds adore the fruit and will often completely strip a tree before it is fully ripe[K]. A very variable species, ranging from a thicket-forming shrub to a small tree in the wild[229]. It is occasionally cultivated for its edible fruit, there are several named varieties[183]. A stoloniferous species, spreading by suckers to form a thicket[11]. Hybridizes freely with other members of this genus[200]. Grafting onto seedlings of A. lamarckii or Sorbus aucuparia is sometimes practised in order to avoid the potential problem of hybridizing[1]. Special Features: North American native, Blooms are very showy. The plant is heat tolerant in zones 8 through 3. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is multistemmed with multiple stems from the crown [1-2]. The root pattern is stoloniferous rooting from creeping stems above the ground [1-2].

### 4.2.6 Crataegus missouriensis

4 tlin 8 cyuc 5 kcak 0 tcan 2 dwat m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Crataegus missouriensis is a deciduous Tree growing to 6 m (19ft 8in). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. The seeds ripen in September. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. The size of a large cherry, the flesh is sweet, soft and fairly juicy[K]. The fruit is only about 10mm thick according to another report[235]. The fruit ripens in mid to late September in southern Britain[K], it makes a delicious dessert fruit and can also be used in making pies, preserves etc[K]. The fruit can be dried for later use. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta South-eastern N. America - Virginia to North Carolina and Missouri. ksacta Rocky bluffs and river banks[235]. propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year,

planting them out in late spring into nursery beds or their

final positions. When growing larger quantities, it might be

best to sow them directly outdoors in a seedbed, but with

protection from mice and other seed-eating creatures. Grow

them on in the seedbed until large enough to plant out, but

undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. This species has a good potential as a fruit crop in Britain. It regularly produces heavy crops of high quality, the tree is very easily grown and is little troubled by pests or diseases. It also requires very little attention, once the trees are established virtually the only work needed is to harvest the fruit each year[K]. A plant growing at Hillier Arboretum was about 3 metres tall (with a trunk 2 metres long) and 3 metres wide, it was fruiting well in 1993 and 1994[K]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11].

### 4.2.7 Hemerocallis middendorffii esculenta

4 tlin 8 cyuc 5 kcak 0 tcan 1 dwat m hkuc hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Hemerocallis middendorffii esculenta is a PERENNIAL growing to 0.5 m (1ft 8in). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from June to July. The species is hermaphrodite (has both male and female organs). Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

pcista Large quantities of the leaves are said to be hallucinogenic. Blanching the leaves removes this hallucinatory component[205]. (This report does not make clear what it means by blanching, it could be excluding light from the growing shoots or immersing in boiling water[K].)

kcakta Edible Parts: Flowers LeavesEdible Uses: Leaves and young shoots - cooked[105, 116, 177, 183]. They must be consumed when very young or else they become fibrous[K]. Flowers and flower buds - raw or cooked[105, 127, 177, 183]. The flowers are crisp and succulent with a delicious sweet flavour and no aftertaste[K]. The flowers can be dried and used as a thickener in soups etc. The flower buds contain about 43mg vitamin C per 100g, 983 IU vitamin A and 3.1% protein[205].

tcanta WeavingThe tough dried foliage is plaited into cord and used for making footwear[205]. Plants form a spreading clump and are suitable for ground cover when spaced about 45cm apart each way[208]. The dead leaves should be left on the ground in the winter to ensure effective cover[208]. (This report was for a plant labelled H. middendorfiana, which I have assumed is a mis-spelling of this species[K])

dwatta Antidote Diuretic Vitamin CThe juice of the roots is an effective antidote in cases of arsenic poisoning[205]. A tea made from the boiled roots is used as a diuretic[205].

nrakta E. Asia - China, Japan ksacta Meadows in high mountains, N. and C. Japan[58, 205]. Forests, forest margins, grassy slopes, stony places and roadsides at elevations of 500 - 2500 metres in China[266].

propta Seed - sow in the middle of spring in a greenhouse. Germination is usually fairly rapid and good. Prick out the seedlings into individual pots when they are large enough to handle. Grow the plants on for their first winter in a greenhouse and plant out in late spring[K]. Division in spring or after flowering in late summer or autumn[200]. Division is very quick and easy, succeeding at almost any time of the year[K]. Larger clumps can be replanted direct into their permanent positions, though it is best to pot up smaller clumps and grow them on in a cold frame until they are rooting well. Plant them out in the spring.

nwatta Succeeds in most soils[1], including dry ones, preferring a rich moist soil and a sunny position[111] but tolerating partial shade[88]. Plants flower less freely in a shady position though the flowers can last longer in such a position[205]. Grows well in heavy clay soils. Succeeds in short grass if the soil is moist[1]. Prefers a pH between 6 and 7[200]. Hybridizes freely with other members of this genus[200]. Individual flowers only live for one day[205]. Plants take a year or two to become established after being moved but then form large clumps[200, 187]. The roots are fibrous without any obvious swellings[205]. Plants seem to be immune to the predations of rabbits[233]. The plants are very susceptible to slug and snail damage, the young growth in spring is especially at risk[200].

#### 4.2.8 Hemerocallis middendorffii

4 tlin 8 cyuc 5 kcak 2 tcan 1 dwat m hkuc hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli drutta Hemerocallis middendorffii is a PERENNIAL

Amur daylily, Middendorf, Daylily

Grutta Hemerocallis middendormi is a PERENNIAL growing to 0.9 m (3ft) by 0.5 m (1ft 8in) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from June to July. The species is hermaphrodite (has both male and female organs). Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

pcista Large quantities of the leaves are said to be hallucinogenic. Blanching the leaves removes this hallucinatory component[205]. (This report does not make clear what it means by blanching, it could be excluding light from the growing shoots or immersing in boiling water[K].)

kcakta Edible Parts: Flowers Leaves ShootsEdible Uses: Leaves and young shoots - cooked[105, 116, 177, 183]. They must be consumed when very young or else they become fibrous[K]. Flowers and flower buds - raw or cooked[105, 177, 183]. The flowers can be dried and used as a thickener in soups etc. The flower buds contain about 43mg vitamin C per 100g, 983 IU vitamin A and 3.1% protein[205].

tcanta WeavingThe tough dried foliage is plaited into cord and used for making footwear[205]. Plants form a spreading clump and are suitable for ground cover when spaced about 45cm apart each way[208]. The dead leaves should be left on the ground in the winter to ensure effective cover[208]. (This report was for a plant labelled H. middendorfiana, which I have assumed is a mis-spelling of this species[K]). Attractive flowers.

dwatta Antidote Diuretic Vitamin CThe juice of the roots is an effective antidote in cases of arsenic poisoning[205]. A tea made from the boiled roots is used as a diuretic[205].

nrakta E. Asia - China, Japan, Korea. ksacta Meadows in high mountains of N. Japan[58]. Forests, forest margins, meadows and wet grasslands from near sea level to 2000 metres in China[266].

propta Seed - sow in the middle of spring in a greenhouse. Germination is usually fairly rapid and good. Prick out the seedlings into individual pots when they are large enough to handle. Grow the plants on for their first winter in a greenhouse and plant out in late spring[K]. Division in spring or after flowering in late summer or autumn[200]. Division is very quick and easy, succeeding at almost any time of the year[K]. Larger clumps can be replanted direct into their permanent positions, though it is best to pot up smaller clumps and grow them on in a cold frame until they are rooting well. Plant them out in the spring.

nwatta Landscape Uses:Border, Container, Ground cover, Massing, Seashore. Succeeds in most soils[1], including dry ones, preferring a rich moist soil and a sunny position[111] but tolerating partial shade[88]. Plants flower less freely in a shady position though the flowers can last longer in such a position[205]. Grows well in heavy clay soils. Succeeds in short grass if the soil is moist[1]. Prefers a pH between 6 and 7[200]. Hybridizes freely with other members

of this genus[200]. Individual flowers are short-lived, but the plant produces a succession of blooms and also flowers again in late summer[205]. The plant has a fibrous root system that does not extend far[205]. Plants take a year or two to become established after being moved but then form large clumps[200, 187]. Plants seem to be immune to the predations of rabbits[233]. The plants are very susceptible to slug and snail damage, the young growth in spring is especially at risk[200]. Special Features: Attractive foliage, Not North American native, Naturalizing, Attracts butterflies, Suitable for cut flowers, Fragrant flowers.

## 4.2.9 Allium schoenoprasum sibiricum

Giant Chives

4 tlin 8 cyuc 5 kcak 2 tcan 2 dwat 0.3 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Allium schoenoprasum sibiricum is a BULB growing to 0.3 m (1ft) by 0.3 m (1ft in). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from July to August. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees, insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista Although no individual reports regarding this species have been seen, there have been cases of poisoning caused by the consumption, in very large quantities and by some mammals, of certain members of this genus. Dogs seem to be particularly susceptible[76].

kcakta Edible Parts: Flowers Leaves RootEdible Uses: Leaves - raw, cooked or dried for later use. The leaves have a mild onion flavour and are an excellent addition to mixed salads, they can also be used as a flavouring in soups etc[90, 105]. This form has a stronger garlic flavour than common chives[183] The leaves are often available from late winter and can continue to produce leaves until early the following winter, especially if the plant is in a warm, sheltered position[K]. A good source of sulphur and iron[201]. The bulbs are rather small but can be used as spring onions[K]. They can be harvested with the leaves still attached and be used as spring onions[K]. They have a pleasant mild onion flavour. The flowers can be used as a garnish in salads etc[183]. The flowers of this species are rather dry and less desirable than the flowers of many other species[K].

tcanta Fungicide RepellentThe juice of the plant is used as an insect repellent, it also has fungicidal properties and is effective against scab, mildew etc[14, 18, 20]. The growing plant is said to repel insects and moles[14, 20].

dwatta Appetizer Digestive Hypotensive TonicThe whole plant has a beneficial effect on the digestive system and the blood circulation. It improves the appetite, is digestive, hypotensive and tonic[201]. It has similar properties to garlic (A. sativum), but in a much milder form, and it is rarely used medicinally[238].

nrakta N. America to E. Asia - Siberia, Japan. ksacta Calcareous or basic rock, gravels and shores, Alaska and southwards[43].

propta Seed - sow spring in a cold frame. Germination is usually free and easy, pot up the seedlings as soon as they are large enough to handle easily and plant out in the following spring. Division can be carried out at almost any time of the year but is probably best done in spring. The clumps should be divided at least every 3 or 4 years in order to maintain vigour[200], the divisions can be planted out direct into their permanent positions.

nwatta An easily grown plant[203], it prefers a sunny position in a rich moist but well-drained soil[14, 37]. Succeeds in most soils[1, 37] and in light shade[203]. Grows well in heavy clay soils[203]. Tolerates a pH in the range 5.2 to 8.3. This is a more robust form of A. schoenoprasum, the chive. It is often grown in the garden for its edible leaves which are available from late winter to the beginning of the next winter[K]. The bulbs divide rapidly and large clumps are quickly formed. There are some named

varieties[183]. Regular cutting of the leaves ensures a continuous supply of young leaves and prevents flowering[33]. Plants can be moved into a frame or other protected environment in the autumn and will then produce leaves throughout the winter[33]. Do not do this every year or it weakens the plants. The bulbs should be planted fairly deeply[1]. A good bee plant[24]. Grows well with most plants, especially roses, carrots, beet and chamomile, but it inhibits the growth of legumes[18, 20, 54]. Helps to reduce the incidence of scab when it is grown under apple trees[201]. This plant is a bad companion for alfalfa, each species negatively affecting the other[201]. Members of this genus are rarely if ever troubled by browsing deer[233].

## 4.2.10 Fragaria vesca 'Semperflorens'

Alpine Strawberry

4 tlin 8 cyuc 5 kcak 0 tcan 3 dwat 0.3 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Fragaria vesca 'Semperflorens' is a PERENNIAL growing to 0.3 m (1ft) by 0.3 m (1ft in). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from May to November, and the seeds ripen from June to November. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees, flies, Lepidoptera (Moths and Butterflies). Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: Fruit LeavesEdible Uses: Coffee TeaFruit - raw, cooked or made into preserves[183]. Sweet and succulent with an exquisite taste, they are far superior to the cultivated strawberry[K]. The fruit is fairly small, up to 15mm in diameter, but it is produced abundantly from early summer until the frosts of autumn[K]. Young leaves - raw or cooked[52, 105]. Added to salads or used as a potherb[183]. The fresh or dried leaves are used as a tea substitute[7, 177, 183]. The root has been used as a coffee substitute in India[240].

tcanta Compost TeethThe flowers are an alternative ingredient of 'Quick Return' herbal compost activator[32]. This is a dried and powdered mixture of several herbs that can be added to a compost heap in order to speed up bacterial activity and thus shorten the time needed to make the compost[K]. The fruit is used as a tooth cleaner[4]. The fresh fruit removes stains from teeth if it is allowed to remain for about 5 minutes[4]. The fruit is also used cosmetically in skin-care creams[7]. It tones and whitens the skin, combats wrinkles, lightens freckles, soothes sunburn and whitens the teeth[244].

dwatta Astringent Diuretic Laxative TonicThe leaves and the fruit are astringent, diuretic, laxative and tonic[4, 9, 222]. The leaves are mainly used, though the fruits are an excellent food to take when feverish and are also effective in treating rheumatic gout[4]. A slice of strawberry is also excellent when applied externally to sunburnt skin[4]. A tea made from the leaves is a blood tonic[222]. It is used in the treatment of chilblains[53] and also as an external wash on sunburn[222]. The leaves are harvested in the summer and dried for later use[238]. The fruits contain salicylic acid and are beneficial in the treatment of liver and kidney complaints, as well as in the treatment of rheumatism and gout[244]. The roots are astringent and diuretic[4, 222]. A decoction is used internally in the treatment of diarrhoea and chronic dysentery[4, 244]. Externally it is used to treat chilblains and as a throat gargle[244]. The roots are harvested in the autumn and dried for later use[238].

nrakta Most of Europe, including Britain, to temperate Asia. ksacta Woodland and damp undergrowth[7].

propta Seed - sow early spring in a greenhouse. The seed can take 4 weeks or more to germinate. The seedlings are very small and slow-growing at first, but then grow rapidly. Prick them out into individual pots when they are large enough to handle and plant them out during the summer

nwatta Prefers a fertile, well-drained, moisture retentive soil in a sunny position[27, 200]. Tolerates semi-shade though fruit production will be reduced when plants are growing in such a position. Prefers some shade according to some reports[3, 31]. Plants are often found on clay soils[31] and on soils overlying chalk[13]. Alpine strawberries appreciate a mulch of pine or spruce leaves[18]. The alpine strawberry is often cultivated in the garden for its edible fruit. This fruit is fairly small but exquisitely flavoured and is freely produced from June to November. There are some named varieties[183]. It is not very feasible to grow this plant on a commercial scale because it is very labour intensive to pick and it is also hard to get the fruit to market in good quality. However, it is sometimes grown by specialised growers for the luxury market. The main drawback of growing this plant is that it tends to lose vigour after about 2 - 3 years, partly due to virus diseases and partly because the plant flowers and fruits so freely that it exhausts itself.

# 4.2.11 Aesculus spp

Horse chestnut

4 tlin 9 cyuc 4 kcak 4 tcan 4 dwat 30 m hkuc hmimhtut cyutli kyuctcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli hjonli

drutta Aesculus spp is a deciduous Tree growing to 30 m (98ft) by 25 m (82ft) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 4. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

pcista The seed is rich in saponins[10, 21, 65]. Although poisonous, saponins are poorly absorbed by the human body and so most pass through without harm. Saponins are quite bitter and can be found in many common foods such as some beans. They can be removed by carefully leaching the seed or flour in running water. Thorough cooking, and perhaps changing the cooking water once, will also normally remove most of them. However, it is not advisable to eat large quantities of food that contain saponins. Saponins are much more toxic to some creatures, such as fish, and hunting tribes have traditionally put large quantities of them in streams, lakes etc in order to stupefy or kill the fish[K]. Avoid in patients with kidney or liver disease. Avoid if taking warfarin as can interfere with anticoagulant therapy [301].

kcakta Edible Parts: SeedEdible Uses: The roasted seed is used as a coffee substitute[2, 7]. Seed - cooked. It can be dried, ground into a powder and used as a gruel[7, 46, 55, The seed is quite large, about 3cm in diameter, and is easily harvested. It is usually produced in abundance in Britain. Unfortunately the seed is also rich in saponins, these must be removed before it can be used as a food and this process also removes many of the minerals and vitamins, leaving behind mainly starch. See also the notes above on toxicity. The seed contains up to 40% water, 8 - 11% protein and 8 - 26% toxic saponins[218]. The following notes apply to A. californica, but are probably also relevant here:- The seed needs to be leached of toxins before it becomes safe to eat the Indians would do this by slow-roasting the nuts (which would have rendered the saponins harmless) and then cutting them into thin slices, putting them into a cloth bag and rinsing them in a stream for 2 - 5 days[213].

tcanta Saponins in the seed are used as a soap substitute[169]. The saponins can be easily obtained by chopping the seed into small pieces and infusing them in hot water. This water can then be used for washing the body, clothes etc. Its main drawback is a lingering odour of horse chestnuts[K]. The seed contains variable amounts of saponins, up to a maximum of 10%[240]. A starch obtained from the seed is used in laundering[100]. The bark and other parts of the plant contain tannin, but the quantities are not given[223]. A yellow dye is obtained from the bark[4]. The flowers contain the dyestuff quercetin[223]. Wood - soft, light, not durable. Of little commercial value, it is used for furniture, boxes, charcoal[2, 11, 46, 61]. Carbon Farming Solutions - Industrial Crop: starch, medicinal (Crops grown for non-food uses. Industrial crops provide resources in three main categories:

materials, chemicals, and energy. Traditional materials include lumber and thatch, paper and cardboard, and textiles) [1-1].

dwatta Various medicinal qualities depending on the species. They include: Alterative; Analgesic; Antiinflammatory; Antirheumatic; Astringent; Bach; Diuretic; Expectorant; Febrifuge; Haemostatic; Narcotic; Tonic; Vasoconstrictor; Vulnerary.

tor; Vulnerary.

nrakta N. Temperate. ksacta Trees and shrubs native to the temperate Northern Hemisphere, with six species native to North America and seven to 13 species native to Eurasia.

propta Seed - best sown outdoors or in a cold frame as soon as it is ripe[11, 80]. The seed germinates almost immediately and must be given protection from severe weather[130]. The seed has a very limited viability and must not be allowed to dry out. Stored seed should be soaked for 24 hours prior to sowing and even after this may still not be viable[80, 113]. It is best to sow the seed with its 'scar' downwards[130]. If sowing the seed in a cold frame, pot up the seedlings in early spring and plant them out into their permanent positions in the summer.

nwatta Hypothetical Crop Industrial Crop:

Medici-

nal Industrial Crop: Starch Management: mate: cold to warm temperate, Mediterranean.Humidity: semi-arid to humid. Landscape Uses: Firewood, Pollard, Specimen, Street tree. Prefers a deep loamy well-drained soil but is not too fussy tolerating poorer drier soils[11, 200]. Tolerates exposed positions and atmospheric pollution[200]. A very ornamental and fast-growing tree[1, 4], it succeeds in most areas of Britain but grows best in eastern and southeastern England[200]. Trees are very hardy when dormant, but the young growth in spring can be damaged by late frosts. The flowers have a delicate honey-like perfume[245]. Trees are tolerant of drastic cutting back and can be severely lopped[200]. They are prone to suddenly losing old heavy branches[98]. The tree comes into bearing within 20 years from seed[98]. Most members of this genus transplant easily, even when fairly large[11]. Special Features: Attractive foliage, Not North American native, Naturalizing, Blooms are very showy. Carbon Farming Solutions - Cultivation: hypothetical. Management: standard (Describes the nondestructive management systems that are used in cultivation) [1-1].

#### 4.2.12 Acer saccharum

Sugar Maple, Florida Maple, Hard Maple, Rock Maple 4 tlin 8 cyuc 4 kcak 4 tcan 2 dwat 30 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli frusflatpriklwis hpa7tmwatli xre7t hjonli

drutta Acer saccharum is a deciduous Tree growing to 30 m (98ft) by 12 m (39ft) at a slow rate. See above for USDA hardiness. It is hardy to UK zone 3. It is in flower from April to May, and the seeds ripen from October to December. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very acid soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. It can tolerate atmospheric pollution.

kcakta Edible Parts: Inner bark Leaves Sap SeedEdible Uses: SweetenerThe sap contains quite a large proportion of sugar. This can be used as a refreshing drink, or be concentrated into a syrup by boiling off the water[1, 2, 11, 34, 57]. The syrup is used as a sweetener on many foods. The sap can be harvested in late winter or early spring[[142], the flow is best on a warm sunny day after a frost[213]. Trees on southern slopes in sandy soils give the best yields. It is best to make a hole about 7cm deep and about 1.3 metres above the ground[171]. Yields of 40 - 100 litres per tree can be obtained[142]. The best sap production comes from coldwinter areas with continental climates. The sap contains 2 -6% sugar, thus about 32 litres are required to make a litre of maple syrup[229]. Self-sown seedlings, gathered in early spring, are eaten fresh or dried for later use[213]. Seeds cooked. The wings are removed and the seeds boiled then eaten hot[62, 105, 159, 213]. The seed is about 6mm long and is produced in small clusters[82]. Inner bark - cooked. It

is dried, ground into a powder and then used as a thickening

in soups etc or mixed with cereals when making bread[105, 161]. The related Oregon Maple (Acer macrophyllum) has yellow flower clusters, sweet with nectar, eaten raw[183]. No information was found for this species.

tcanta Companion Fodder Fuel Potash Preservative WoodThe leaves are packed around apples, rootcrops etc to help preserve them[18, 20]. Wood - close grained, tough, hard, heavy, strong, not very durable, it takes a high polish, remains smooth under abrasion and has a high shockresistance[46, 61, 82, 171, 227]. It holds nails well, is fair in gluing, dries easily and shrinks moderately[227]. The wood weighs 43lb per cubic foot[235]. Considered by many to be the most valuable hardwood tree in N. America, the sugar maple is used for a wide range of applications including furniture, flooring, turnery, musical instruments and ship building[46, 61, 82, 171, 227]. Accidental forms with the grain curled and contorted, known as curly maple and bird's eye maple, are common and are highly prized in cabinet making[82]. The wood is also a very good fuel, giving off a lot of heat and forming very hot embers[82, 226]. The ashes of the wood are rich in alkali and yield large quantities of potash[82]. A dynamic accumulator gathering minerals or nutrients from the soil and storing them in a more bioavailable form - used as fertilizer or to improve mulch.

able form - used as fertilizer or to improve mulch. dwatta Blood tonic Diuretic Expectorant Hepatic OphthalmicA tea made from the inner bark is a blood tonic, diuretic and expectorant[222]. It has been used in the treatment of coughs, diarrhoea etc[222]. A compound infusion of the bark has been used as drops in treating blindness[257]. The sap has been used for treating sore eyes[257]. The inner bark has been used as an expectorant and cough remedy[257]. Maple syrup is used in cough syrups and is also said to be a liver tonic and kidney cleanser[222]. nrakta Eastern N. America - Newfoundland to Georgia,

west to Texas and Minnesota. ksacta Found in a variety of soil types, doing best in deep rich well-drained soils from sea level to 1600 metres[229]. Rich usually hilly woods[43]. propta Seed - best sown as soon as it is ripe in a cold

frame, it usually germinates in the following spring. A lot of the seed is non-viable, it is best to cut a few open to see if there is an embryo[113]. An average of 95% germination can be achieved from viable seed[98]. Pre-soak stored seed for 24 hours and then stratify for 2 - 4 months at 1 - 8°c. It can be slow to germinate, sometimes taking two years[125]. The seed can be harvested 'green' (when it has fully developed but before it has dried and produced any germination inhibitors) and sown immediately. It should germinate in late winter. If the seed is harvested too soon it will produce very weak plants or no plants at all[80, 113]. When large enough to handle, prick the seedlings out into individual pots and grow them on until they are 20cm or more tall before planting them out in their permanent positions. Layering, which takes about 12 months, is successful with most species in this genus. Cuttings of young shoots in June or July. The cuttings should have 2 - 3 pairs of leaves, plus one pair of buds at the base. Remove a very thin slice of bark at the base of the cutting, rooting is improved if a rooting hormone is used. The rooted cuttings must show new growth during the summer before being potted up otherwise they are unlikely to survive the winter.

nwatta Agroforestry Services: Crop shade Fodder: Bank Management: Standard Regional Crop Staple Crop: SugarLandscape Uses:Firewood, Screen, Specimen, Street tree, Woodland garden. Of easy cultivation, it prefers a good moist well-drained soil but succeeds on most soils[11, 98], though it is more likely to become chlorotic as a result of iron deficiency on alkaline soils. Grows well in heavy clay soils. Trees need full light and a lot of space[98]. This species is one of the most shade tolerant of the N. American maples[226]. It tolerates atmospheric pollution[200] and so is often used as a street tree, though it can suffer from soil compaction and the use of salt on the roads in frosty weather. Tolerates a pH in the range 4.5 to 7.3. Hardy to about -45°c when fully dormant[160]. A fast-growing tree for its first 40 years in the wild[229], this species is not a great success in Britain[1], though it does better than once thought[11]. It grows well in Cornwall[59]. In cultivation it has proved to be slow growing when young[11]. Trees can live for 250 years in the wild[229]. A very ornamental tree[1] but a bad companion plant, inhibiting the growth of nearby plants[18, This species is commercially exploited in America for its sap[1, 11]. Along with its sub-species it is the major source of maple syrup[11]. There are some named varieties[183]. The sap can be tapped within 10 - 15 years from seed but it does not flow so well in areas with mild winters[160]. Special Features: Attracts birds, North American native, Inconspicuous flowers or blooms. The plant is heat tolerant in zones 8 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the aboveground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a standard with a non-suckering single trunk [1-2]. The root pattern is flat with shallow roots forming a plate near the soil surface [1-2]. The root pattern is a heart root, dividing from the crown into several primary roots going down and out [1-2].

# 4.2.13 Quercus robur

Pedunculate Oak, English oak

4 tlin 8 cyuc 4 kcak 5 tcan 3 dwat 30 m hkuc

hmimhtut cyutli hgattcuphja7n hwicli jlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli hjonli

drutta Quercus robur is a deciduous Tree growing to 30 m (98ft) by 30 m (98ft) at a slow rate. See above for USDA hardiness. It is hardy to UK zone 4. It is in flower from April to May, and the seeds ripen from September to October. The species is monoecious (individual flowers are either male or female, but both sexes can be found on the same plant) and is pollinated by Wind. It is noted for attracting wildlife. Suitable for: medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure.

pcista Possible digestive complaints. May delay absorption of alkaloids and other alkaline drugs [301].

kcakta Edible Parts: SeedEdible Uses: Coffee Gum-Seed - cooked[2, 5, 8, 13]. Nourishing but indigestible[4]. Chopped and roasted, the seed is used as an almond substitute[8]. It can be dried, ground into a powder and used as a thickening in stews etc or mixed with cereals for making bread[183]. The seed contains bitter tannins, these can be leached out by thoroughly washing the seed in running water though many minerals will also be lost[63]. Either the whole seed can be used or the seed can be dried and ground it into a powder. It can take several days or even weeks to properly leach whole seeds, one method was to wrap them in a cloth bag and place them in a stream. Leaching the powder is quicker. A simple taste test can tell when the tannin has been leached. The traditional method of preparing the seed was to bury it in boggy ground overwinter. The germinating seed was dug up in the spring when it would have lost most of its astringency. The roasted seed is a coffee substitute[21, 61]. An edible gum is obtained from the bark[177]. Another report says that an edible manna is obtained from the plant and that it is used instead of butter in cooking[183]. This report probably refers to the gum[K].

tcanta Basketry Charcoal Compost Fuel Gum Ink Repellent Tannin WoodA mulch of the leaves repels slugs, grubs etc, though fresh leaves should not be used as these can inhibit plant growth[20, 201]. The bark is an ingredient of 'Quick Return' herbal compost activator[32]. This is a dried and powdered mixture of several herbs that can be added to a compost heap in order to speed up bacterial activity and thus shorten the time needed to make the compost[K]. The bark is very rich in calcium[18]. Oak galls are excrescences that are sometimes produced in great numbers on the tree and are caused by the activity of the larvae of different insects. The insects live inside these galls, obtaining their nutrient therein. When the insect pupates and leaves, the gall can be used as a rich source of tannin, that can also be used as a dyestuff[4]. A black dye and an excellent long-lasting

ink is made from the oak galls, mixed with salts of iron[4, 7, 66]. The colour is not very durable[4]. When mixed with alum, the dye is brown and with salts of tin it is yellow[4]. Trees can be coppiced to provide material for basket making, fuel, construction etc[23]. The wood is a source of tar, quaiacol, acetic acid, creosote and tannin[123]. Tannin is extracted commercially from the bark and is also found in the leaves[223]. On a 10% moisture basis, the bark contains11.6% tannin and the wood 9.2%[223]. The bark strips easily from the wood in April and May[4]. A purplish dye is obtained from an infusion of the bark with a small quantity of copperas[4]. It is not bright, but is said to be durable[4]. Wood - hard, tough, durable even under water - highly valued for furniture, construction etc[4, 13, 61, 66]. It is also a good fuel[6] and charcoal[61].

dwatta Antiseptic Astringent Bach Decongestant Dysentery Haemostatic TonicThe oak tree has a long history of medicinal use. It is anti-inflammatory, antiseptic, astringent, decongestant, haemostatic and tonic[4, 7, 9, 13, 21, 165]. The bark is the part of the plant that is most commonly used[4], though other parts such as the galls, seeds and seed cups are also sometimes used[7]. A decoction of the bark is useful in the treatment of chronic diarrhoea, dysentery, intermittent fevers, haemorrhages etc[4]. Externally, it is used to bathe wounds, skin eruptions, sweaty feet, piles etc[9]. It is also used as a vaginal douche for genital inflammations and discharge, and also as a wash for throat and mouth infections[9]. The bark is harvested from branches 5 - 12 years old, and is dried for later use[9]. Any galls produced on the tree are strongly astringent and can be used in the treatment of haemorrhages, chronic diarrhoea, dysentery etc[4]. The plant is used in Bach flower remedies - the keywords for prescribing it are 'Despondency', 'Despair, but never ceasing effort'[209]. A homeopathic remedy is made from the bark. It is used in the treatment of disorders of the spleen and gall bladder[9]. The German Commission E Monographs, a therapeutic guide to herbal medicine, approve Quercus robur Pedunculate Oak for coughs/bronchitis, diarrhoea, inflammation of mouth and pharynx, inflammation of the skin (see [302] for critics of commission E).

nrakta Europe, including Britain, from Scandanavia south and east to Spain, the Urals and Crimea. ksacta Often the dominant woodland tree, especially on clay soils and in the eastern half of Britain, but avoiding acid peat and shallow limestone soils[17].

propta Seed - it quickly loses viability if it is allowed to dry out. It can be stored moist and cool overwinter but is best sown as soon as it is ripe in an outdoor seed bed, though it must be protected from mice, squirrels etc. Small quantities of seed can be sown in deep pots in a cold frame. Plants produce a deep taproot and need to be planted out into their permanent positions as soon as possible, in fact seed sown in situ will produce the best trees[11]. Trees should not be left in a nursery bed for more than 2 growing seasons without being moved or they will transplant very badly.

nwatta Prefers a good deep fertile loam which can be on the stiff side[11]. Young plants tolerate reasonable levels of side shade[200]. Succeeds in heavy clay soils[13] and in wet soils so long as the ground is not water-logged for long periods[186]. Dislikes dry or shallow soils but is otherwise drought tolerant once it is established[186]. Tolerant of exposed sites though it dislikes salt-laden winds[186]. The oak is a very important timber tree in Britain, it is also a very important food plant for the caterpillars of many species of butterfly[30], there are 284 insect species associated with this tree[24]. It has often been coppiced or pollarded for its wood in the past[23], though this should not be done too frequently[186], about once every 50 years is the average. The tree flowers on new growth produced in spring, the seed ripening in its first year[200, 229]. Older trees have a thick corky bark and this can protect them from forest fires, young trees will often regenerate from the base if cut down or killed back by a fire[186]. Intolerant of root disturbance, trees should be planted in their permanent positions whilst young[11]. Hybridizes freely with other members of the genus[200]. Immune to attacks by the tortix moth[1]. This species is notably resistant to honey fungus[88, 200].

# 4.2.14 Acer saccharum nigrum

Black Maple

4 tlin 6 cyuc 4 kcak 2 tcan 1 dwat 25 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatprikl-

wis hpa7tmwatli hjonli

drutta Acer saccharum nigrum is a deciduous Tree growing to 25 m (82ft 0in) at a slow rate. See above for USDA hardiness. It is hardy to UK zone 3. It is in flower in April, and the seeds ripen in October. The species is monoecious (individual flowers are either male or female, but both sexes can be found on the same plant). Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semishade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: Inner bark Sap SeedEdible Uses: SweetenerThe sap contains reasonable quantities of sugar and can be used as a drink or concentrated into a syrup by boiling off the water[1, 2, 11, 43, 34, 57, 142, 159]. The syrup is used as a sweetener on many foods. The sap can be harvested in late winter or early spring[[142], the flow is best on a warm sunny day after a frost. Trees on southern slopes in sandy soils give the best yields. It is best to make a hole about 7cm deep and about 1.3 metres above the ground[171]. Yields of 40 - 100 litres per tree can be obtained[142]. The best sap production comes from cold-winter areas with continental climates. Seed - boiled then roasted[62, 105, 159]. The seed is about 6mm long and is produced in small clusters[82]. Inner bark - cooked. It is dried, ground into a powder and then used as a thickening in soups etc or mixed with cereals when making bread[105, 161]. tcanta Fuel Preservative WoodThe leaves are packed

around apples, rootcrops etc to help preserve them[18, 20]. Wood - close grained, tough, hard, heavy. Used for furniture, ship building, etc[43, 46, 61, 82, 171]. It is a good fuel[82]. A dynamic accumulator gathering minerals or nutrients from the soil and storing them in a more bioavailable form - used as fertilizer or to improve mulch.

dwatta AstringentA decoction of the inner bark has been

used in the treatment of diarrhoea[257].

nrakta Eastern N. America - Quebec to Alabama, west to South Dakota and Arkansas. ksacta Rich calcareous or alluvial woods[43]. Found in a variety of soil types, near streams, rivers and in rich woodlands, usually below 750 metres but up to 1650 metres in the south of its range[229].

propta Seed - best sown as soon as it is ripe in a cold frame, it usually germinates in the following spring. A lot of the seed is non-viable, it is best to cut a few open to see if there is an embryo[113]. An average of 95% germination can be achieved from viable seed[98]. Pre-soak stored seed for 24 hours and then stratify for 2 - 4 months at 1 - 8°c. It can be slow to germinate, sometimes taking two years[125]. The seed can be harvested 'green' (when it has fully developed but before it has dried and produced any germination inhibitors) and sown immediately. It should germinate in late winter. If the seed is harvested too soon it will produce very weak plants or no plants at all[80, 113]. When large enough to handle, prick the seedlings out into individual pots and grow them on until they are 20cm or more tall before planting them out in their permanent positions. Layering, which takes about 12 months, is successful with most species in this genus. Cuttings of young shoots in June or July. The cuttings should have 2 - 3 pairs of leaves, plus one pair of buds at the base. Remove a very thin slice of bark at the base of the cutting, rooting is improved if a rooting hormone is used. The rooted cuttings must show new growth during the summer before being potted up otherwise they are unlikely to survive the winter.

nwatta Landscape Uses:Specimen, Street tree. Of easy cultivation, it prefers a good moist well-drained soil but succeeds on most soils[11, 98]. Chlorosis can often develop as a result of iron deficiency when the plants are grown in alkaline soils, but in general maples are not fussy as to soil pH. Grows well in heavy clay soils. Trees need full light and a lot of space[98]. Plants are hardy to about -45°c when fully dormant[160]. This species is not a great success in Britain[1], though it does better than once thought[11]. It grows well in Cornwall[59]. Slow growing when young[11]. Plants produce prodigious root growth but very little top growth in first year from seed[133]. Trees grow rapidly for their first 25 years in the wild, but then slow down and only occasionally

surviving for more than 200 years[229]. A very ornamental tree[1] but a bad companion plant, inhibiting the growth of nearby plants[18, 20]. This species is commercially exploited in America for its sap[1, 11]. Along with A. saccharum and the sub-species A. s. grandidentatum it is the major source of maple syrup[11]. There are some named varieties[183]. The sap can be tapped within 10 - 15 years from seed but it does not flow so well in areas with mild winters[160]. Special Features:North American native, Inconspicuous flowers or blooms. The plant is heat tolerant in zones 8 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the aboveground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a standard with a non-suckering single trunk [1-2]. The root pattern is flat with shallow roots forming a plate near the soil surface [1-2].

# **4.2.15 Quercus bicolor** Swamp White Oak

4 tlin 8 cyuc 4 kcak 3 tcan 2 dwat 25 m hkuc

hmimhtut cyutli tcuphja7n hwicli jlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli hjonli

drutta Quercus bicolor is a deciduous Tree growing to 25 m (82ft 0in) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower in May, and the seeds ripen in October. The species is monoecious (individual flowers are either male or female, but both sexes can be found on the same plant) and is pollinated by Wind. Suitable for: medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semishade (light woodland) or no shade. It prefers moist or wet soil. The plant can tolerates strong winds but not maritime exposure.

kcakta Edible Parts: SeedEdible Uses: CoffeeSeed - raw

or cooked[105, 161, 226]. A rather sweet flavour[159, 235]. The seed is quite large, about 2 - 3cm long and 15 - 20mm wide[82, 200], and unlike most other oaks, is attached to the tree by a long stem[183]. It matures in its first year[235]. The seed can be dried, ground into a powder and used as a thickening in stews etc or mixed with cereals for making bread[183]. The seed from some trees can contain bitter tannins, these can be leached out by thoroughly washing the seed in running water though many minerals will also be lost. Either the whole seed can be used or the seed can be dried and ground it into a powder. It can take several days or even weeks to properly leach whole seeds, one method was to wrap them in a cloth bag and place them in a stream. Leaching the powder is quicker. A simple taste test can tell when the tannin has been leached. The traditional method of preparing the seed was to bury it in boggy ground overwinter. The germinating seed was dug up in the spring when it would have lost most of its astringency. Roasted seed is a coffee substitute.

tcanta Repellent Rust Tannin WoodThe leaves of most species in this genus are more or less rich in tannins. A mulch of the leaves can be placed around vulnerable plants in order to repel slugs, snails, grubs etc. Fresh leaves should be used with caution, since these can utilize some of the nitrogen in the soil and this inhibit plant growth[20, K]. Oak galls are excrescences that are sometimes produced in great numbers on the tree and are caused by the activity of the larvae of different insects. The insects live inside these galls, obtaining their nutrient therein. When the insect pupates and leaves, the gall can be used as a rich source of tannin, that can also be used as a dyestuff[4]. The bark has been boiled with hemlock (Tsuga sp.?) and soft maple bark (Acer spp), and the liquid used to remove rust. The mixture was also believed to prevent rust[257]. The wood is close-grained, strong, hard, tough, heavy[46, 82, 171, 229]. It weighs 48lb per cubic foot[235]. Trees do not self-prune and dead branches remain on the trees for many years. This does mean that the wood is usually quite knotty[226]. The wood machines well, though it can check and warp if not dried properly. It is of some importance commercially. And is used for construction, cabinet making, furniture, interior finishes, veneers, fence posts etc[6, 82, 171, 229, 338, 1050]. The wood makes a good fuel.

dwatta Astringent DysenteryAny galls produced on the tree are strongly astringent and can be used in the treatment of haemorrhages, chronic diarrhoea, dysentery etc[4].

nrakta Eastern N. America - Quebec to Minnesota, Georgia and Arkansas. ksacta Bottomlands, stream margins and swamps[43]. Tolerant of poorly drained sites, it is frequently found in heavy mucky soils[229].

propta Seed - it quickly loses viability if it is allowed to dry out. It can be stored moist and cool overwinter but is best sown as soon as it is ripe in an outdoor seed bed, though it must be protected from mice, squirrels etc. Small quantities of seed can be sown in deep pots in a cold frame. Plants produce a deep taproot and need to be planted out into their permanent positions as soon as possible, in fact seed sown in situ will produce the best trees[11]. Trees should not be left in a nursery bed for more than 2 growing seasons without being moved or they will transplant very badly.

nwatta Landscape Uses:Pest tolerant, Specimen, Street tree. Prefers a good deep fertile loam which can be on the stiff side[1, 11]. Young plants tolerate reasonable levels of side shade[200]. Tolerates moderate exposure, surviving well but being somewhat stunted[200]. Prefers warmer summers than are usually experienced in Britain, trees often grow poorly in this country and fail to properly ripen their wood resulting in frost damage overwinter[200]. A relatively fast-growing tree in the wild, living 300 - 350 years[229], though it is relatively shallow-rooted and is considerably more susceptible to forest fires than most other oaks[226]. This species is one of the best of the white oaks for growing in this country[1]. However, it is said that the seed is rarely formed in Britain[105]. The tree flowers on new growth produced in spring, the seed ripening in its first year[200, 229]. Trees do not commence bearing until about 25 - 30 years old, large crops being produced every 3 - 5 years[229]. Intolerant of root disturbance, trees should be planted in their permanent positions whilst young[11]. The seed of this species is attached to the tree by unusually long (by oak tree standards) stems[183]. Hybridizes freely with other members of the genus [200]. Plants in this genus are notably resistant to honey fungus[200]. Special Features: Attracts birds, North American native, Attracts butterflies, Inconspicuous flowers or blooms. The plant is heat tolerant in zones 8 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the aboveground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a standard with a non-suckering single trunk [1-2].

## 4.2.16 Prunus cerasifera divaricata

4 tlin 8 cyuc 4 kcak 0 tcan 1 dwat 10 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Prunus cerasifera divaricata is a deciduous Tree growing to 10 m (32ft 10in). See above for USDA hardiness. It is hardy to UK zone 4. It is in flower from April to May. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semishade (light woodland) or no shade. It prefers moist soil.

pcista Although no specific mention has been seen for this species, it belongs to a genus where most, if not all members of the genus produce hydrogen cyanide, a poison that gives almonds their characteristic flavour. This toxin is found mainly in the leaves and seed and is readily detected by its bitter taste. It is usually present in too small a quantity to do any harm but any very bitter seed or fruit should not be eaten. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: Fruit SeedEdible Uses: Fruit raw or cooked[74]. Tastes like a Mirabelle plum[2, 11]. A very pleasant plum-like flavour when fully ripe with a mealy though juicy flesh[K]. It is high in citric acid, containing about 4.7%[74]. The fruit is about 30mm in diameter and contains one large seed[200]. Seed - raw or cooked. Do not eat the seed if it is too bitter - see the notes above on toxicity.

tcanta Dye RootstockUsed as a rootstock for plums, peaches and apricots[74]. A green dye can be obtained from the leaves[168]. A dark grey to green dye can be obtained from the fruit[168].

dwatta Although no specific mention has been seen for this species, all members of the genus contain amygdalin and prunasin, substances which break down in water to form hydrocyanic acid (cyanide or prussic acid). In small amounts this exceedingly poisonous compound stimulates respiration, improves digestion and gives a sense of well-being[238].

nrakta S.E. Europe to W. Asia. ksacta Mountain slopes in woody or shrubby thickets, on stony slopes, ravine bottoms, near water and montane river valleys to 2000 metres[74].

propta Seed - requires 2 - 3 months cold stratification and is best sown in a cold frame as soon as it is ripe[200]. Sow stored seed in a cold frame as early in the year as possible[200]. Protect the seed from mice etc. The seed can be rather slow, sometimes taking 18 months to germinate[113]. Prick out the seedlings into individual pots when they are large enough to handle. Grow them on in a greenhouse or cold frame for their first winter and plant them out in late spring or early summer of the following year. Cuttings of half-ripe wood with a heel, July/August in a frame[11, 200]. Softwood cuttings from strongly growing plants in spring to early summer in a frame[200]. Layering in spring.

nwatta Requires a well-drained moisture retentive soil[11, 200]. Succeeds in light shade but fruits better in a sunny position[11, 200]. Thrives in a loamy soil, doing well on limestone[11]. Grows well in heavy clay soils. Prefers some chalk in the soil but apt to become chlorotic if too much is present[1]. Plants are hardy to about 25°c[184]. According to some botanists this plant should be named P. divaricata and P. cerasifera should be named P. divaricata cerasifera[11]. Most members of this genus are shallow-rooted and will produce suckers if the roots are damaged[238]. Plants in this genus are notably susceptible to honey fungus[200].

## 4.2.17 Crataegus holmesiana

Holmes' hawthorn

4 tlin 8 cyuc 4 kcak 0 tcan 2 dwat 10 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus holmesiana is a deciduous Tree growing to 10 m (32ft) by 8 m (26ft). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower in May, and the seeds ripen from August to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. An excellent dessert fruit, it has an acid yet sweet flavour, is juicy but with a mealy texture, it makes very pleasant eating[K]. Some forms have fruits with a disagreeable flavour[82]. The fruit can also be used in making pies, preserves etc, and can be dried for later use. The fruit is about

10mm in diameter[200]. A specimen at Cambridge Botanical garden has fruits up to 20mm in diameter[K]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiac HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta Eastern N. America - Ontario to Maine, south to New York and Pennsylvania. ksacta Rich moist hillsides and the borders of streams and swamps[82].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a welldrained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Hawthorns in general hybridize freely with other members of the genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. A very ornamental plant[11].

## 4.2.18 Crataegus douglasii

Black Hawthorn

4 tlin 8 cyuc 4 kcak 0 tcan 2 dwat 9 m hkuc

hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus douglasii is a deciduous Tree growing to 9 m (29ft 6in). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower in May, and the seeds ripen in September. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate

atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[2, 3, 95, 99, 101]. A very pleasant flavour with a sweet and juicy succulent flesh[46, 82, K], it makes an excellent dessert fruit and can be eaten in quantity[K]. The fruit can also be used for making pies, preserves etc, and can be dried for later use[183]. The fruit is about 8mm in diameter and is borne in small clusters[200]. The fruits I have eaten have been considerably larger than this[K]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Needles WoodThe spines on the branches are used as needles for lancing boils, removing splinters etc[99]. Wood - close-grained, heavy, hard and tough. Used for tool handles etc[82, 99, 101].

dwatta Antirheumatic Astringent Cardiotonic Dysentery Hypotensive Poultice StomachicAn infusion of the shoots has been used to treat diarrhoea in children and sores in babies mouths[257]. A poultice of the chewed leaves has been applied to swellings[257]. An infusion of the bark has been used in the treatment of diarrhoea and dysentery[257]. An infusion of the sapwood, bark and roots has been used as a stomach medicine[257]. The thorns have been used as a treatment for arthritis[257]. The point of the thorn was used to pierce an area affected by arthritic pain. The other end of the thorn was ignited and burned down to the point buried into the skin. This treatment was very painful but it was said that after a scab had formed and disappeared, the arthritic pain had also disappeared[257]. The thorns have been used as probes for boils and ulcers[257]. Although no other specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta Western N. America - British Columbia to Michigan, south to California. ksacta Open woods, banks of mountain streams and on rocky banks[43, 82].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at  $15^{\circ}c$  and then cold stratified for another 3 months at  $4^{\circ}c[164]$ . It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic under-

tones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11].

## 4.2.19 Crataegus acclivis

4 tlin 8 cyuc 4 kcak 0 tcan 2 dwat 8 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli

flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus acclivis is a deciduous Tree growing to 8 m (26ft) by 7 m (23ft). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from April to May, and the seeds ripen in September. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[K]. The fruit ripens in early September, it is about 18mm long with a pleasantly sweet juicy flesh and makes an excellent dessert fruit[K]. The fruit contains up to 5 seeds in the centre, these usually stick together and so the effect is like eating a cherry with its single large seed[K].

dwatta Cardiac HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta North-eastern N. America - New York to the borders of southern Canada. ksacta Banks of streams and steep gorges[235].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate [78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a welldrained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Plants are hardy to at least -18°c[202]. We have very little specific information on this plant, and it is regarded as no more than a form of C. pedi-cellata by most botanists[235]. However, a tree seen at Kew in early September 1997 had a good crop of almost ripe fruit. This fruit was more elongated than C. pedicellata and was also ripe about 4 weeks before that species[K]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though

grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11].

## 4.2.20 Crataegus submollis

Quebec Hawthorn

4 tlin 8 cyuc 4 kcak 0 tcan 2 dwat 7 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus submollis is a deciduous Tree growing to 7 m (23ft) by 7 m (23ft). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower in June, and the seeds ripen in September. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[105, 161]. Sub-acid, dry and mealy[82]. Our experience has been that the fruit is sweet and somewhat juicy, it has a thick flesh with a nice flavour and makes an acceptable dessert fruit[K]. The fruit can also be used in making pies, preserves etc, and can be dried for later use[257]. It is about 20mm in diameter, is borne in large clusters and is easily harvested[K]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Hedge HedgePlants are very tolerant of trimming and will soon resprout even if cut back into very old wood. They can be used as a hedge[50]. Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta North-eastern N. America - Quebec to Ontario, Massachusetts and New York. ksacta Wooded hillsides and open fertile ground[43]. Rich damp hillsides and the borders of woods and roads[82].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all

fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Plants are hardy to about -18°c[202]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. This species is sometimes confused with C. coccinea[50]. It is also very close to C. mollis, differing in having 10 stamens to a flower (as compared to 20 in C. mollis)[202]. It is considered to be part of C. mollis by some botanists[229].

## 4.2.21 Crataegus succulenta

Fleshy hawthorn

4 tlin 8 cyuc 4 kcak 2 tcan 2 dwat 6 m hkuc hmimhtut, cyutli, hgatkyuctcuphia7n, hwicli

hmimhtut cyutli hgatkyuctcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus succulenta is a deciduous Shrub growing to 6 m (19ft 8in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from May to June. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[62, 101, 105]. Excellent for making jellies[183], it can also be dried for later use. A small fruit with a sweet, juicy and pulpy flesh[82, 183], it is up to 17mm in diameter[235]. Another report says that the fruit is large for a Crataegus species, it is about 35mm in diameter and is borne in small clusters[200]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta Eastern N. America - Nova Scotia to North Carolina, west to Montana, Colorado and Utah. ksacta Thickets, pastures and woodland edges, especially in dry or rocky soils[43].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to

pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. This species is closely related to C. tomentosa[11].

## 4.2.22 Pyrus bretschneideri

4 tlin 8 cyuc 4 kcak 0 tcan 0 dwat 6 m hkuc hmimhtut cyutli hgattcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Pyrus bretschneideri is a deciduous Tree growing to 6 m (19ft 8in). See above for USDA hardiness. It is hardy to UK zone 5. It is in flower in May, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil and can tolerate drought. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[177, 200]. The fruit is up to 3cm in diameter[200]. nrakta E. Asia - N. China. ksacta Slopes, dry cold regions

at elevations of 100 - 2000 metres [266].

propta Seed - best sown in a cold frame as soon as it is ripe in the autumn, it will then usually germinate in mid to late winter. Stored seed requires 8 - 10 weeks cold stratification at 1°c and should be sown as early in the year as possible[200]. Temperatures over 15 - 20°c induce a secondary dormancy in the seed[200]. Prick out the seedlings into individual pots when they are large enough to handle and grow them on in light shade in a cold frame or greenhouse for their first year. Plant them out in late spring or early summer of the following year.

nwatta Prefers a good well-drained loam in full sun[200]. Grows well in heavy clay soils. Tolerates light shade but does not fruit so well in such a position. Tolerates atmospheric pollution, excessive moisture and a range of soil types if they are moderately fertile[200]. Established plants are drought tolerant[200]. Plants are hardy to at least -15°c[200]. This species is closely related to P. ussuriensis ovoidea[200]. This species is commonly cultivated in northern China, preferring sunny, dry, loamy soils. It includes many important forms with excellent fruit[266]. For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a standard with a non-suckering single trunk [1-2].

# 4.2.23 Crataegus durobrivensis

Caughuawaga Hawthorn 4 tlin 8 cyuc 4 kcak 2 tcan 2 dwat 5 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli drutta Crataegus durobrivensis is a deciduous Shrub growing to 5 m (16ft) by 5 m (16ft). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerate strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. A reasonable size, it is up to 15mm in diameter[200], and is very acceptable for raw eating[K]. It is sweet and fairly juicy when fully ripe with a hint of apple in its flavour[K]. The fruit can be used in making pies, preserves, etc, and can also be dried for later use. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta North-eastern N. America. ksacta Not known in a truly wild situation, it is possibly a hybrid C. pruinosa x C. suborbiculata[43].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a welldrained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. A very hardy plant, tolerating temperatures down to about -18°c[202]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. Probably a natural hybrid, C. pruinosa x C. suborbiculata[43].

## 4.2.24 Sambucus caerulea

Blue Elder

4 tlin 8 cyuc 4 kcak 3 tcan 2 dwat 3 m hkuc hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Sambucus caerulea is a deciduous Shrub growing to 3 m (9ft 10in) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 5. It is in flower from June to July, and the seeds ripen from August to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

pcista The leaves, green fruits and stems of some (if not all) members of this genus are poisonous[9, 76, 226]. The fruit of this species has been known to cause stomach upsets to some people. Any toxin the fruit might contain is liable to be of very low toxicity and is destroyed when the fruit is cooked[65, 76].

kcakta Edible Parts: Flowers FruitEdible Uses: TeaFruit - raw, cooked or used in preserves[2, 3, 15, 85, 94, 183, 257]. Rather sweet and juicy but full of small seeds[82, 256], this is the best flavoured of the North American elders[212]. The fruit is rather nice raw, seven people ate and enjoyed a small quantity of the raw fruit with no ill effects[K]. The fruit can be dried for later use[257]. A somewhat rank taste fresh[101], the fruit is usually dried before being used[183]. The fruit is about 6mm in diameter and is borne in large clusters[200]. Some caution is advised, see the notes above on toxicity. Flowers - raw or cooked in fritters etc[15, 85, 94, 183]. Very pleasant and refreshing raw[K]. A pleasant tea is made from the dried flowers[62, 183].

tcanta Musical Repellent Tinder WoodA decoction of the leaves, when watered on plants, repels caterpillars[94]. The dried flower stems repel insects and rodents[101]. The hollow stems can be used as flutes and pipes[257]. The pith of the stems has been used as a tinder for lighting fires[257]. Wood - light, soft, weak, coarse grained. Of no commercial value, though it is used locally for flutes, skewers, pegs, straws etc[82, 94, 99, 229].

dwatta Analgesic Antiseptic Astringent Diaphoretic Emetic Febrifuge Haemostatic Laxative Pectoral Salve Stomachic TonicHaemostatic[94]. An infusion or extract made from the flowers, bark and root has been used to cure fevers and gripe, it is also laxative[226]. A decoction of the plant has been used as an antiseptic wash to treat itches[257]. The bark is analgesic and astringent[257]. An infusion has been used in the treatment of diarrhoea and rheumatism[257]. A decoction has been used as a wash in the treatment of swellings and pain[257]. An ointment made by mixing the bark with fat has been used externally in the treatment of burns, ulcers, skin irritations etc[226]. The fresh bark has been placed in a tooth cavity to ease the pain of toothache[257]. The inner bark is strongly emetic[257]. The leaves are analgesic, antiseptic, diaphoretic, febrifuge and purgative [257]. A decoction has been used in the treatment of new colds[257]. An infusion of the leaves and flowers has been used as a steam bath in the treatment of colds and headaches[257]. A decoction of the leaves has been used as an antiseptic wash on limbs affected by blood poisoning[257]. The crushed leaves have been used as a poultice to treat burns and swollen hands[257]. A decoction of the root has been used in the treatment of bladder problems and dyspepsia[257]. A decoction of the flowers has been used in the treatment of stomach troubles and lung complaints[257]. Applied externally, it has been used to treat sprains and bruises and as an antiseptic wash for open sores and itches[257]. A wine made from the fruit has been used as a tonic[257]. nrakta Western N. America - British Columbia to Cali-

nrakta Western N. America - British Columbia to California, east to Montana, Texas and Mexico. ksacta Gravelly, rather dry soils on stream banks, margins of fields, woodlands etc[62, 82].

propta Seed - best sown as soon as it is ripe in the autumn in a cold frame, when it should germinate in early spring. Stored seed can be sown in the spring in a cold frame but will probably germinate better if it is given 2 months warm followed by 2 months cold stratification first[78, 98,  $\frac{1}{2}$ ]

113]. Prick out the seedlings into individual pots when they are large enough to handle. If good growth is made, the young plants can be placed in their permanent positions during the early summer. Otherwise, either put them in a sheltered nursery bed, or keep them in their pots in a sheltered position and plant them out in spring of the following year. Cuttings of half-ripe wood, 7 - 10cm with a heel, July/August in a frame[78]. Cuttings of mature wood of the current season's growth 15 - 20cm with a heel, late autumn in a frame or a sheltered outdoor bed[78].

nwatta Tolerates most soils, including chalk[200], but prefers a moist loamy soil[11, 200]. Grows well in heavy clay soils. Tolerates some shade but is best in a sunny position[1]. Tolerates atmospheric pollution and coastal situations[200]. A fast-growing but short-lived tree in the wild[229]. A shrub at Kew in September 1993 was carrying a good crop of tasty fruits[K]. Plants in this genus are notably resistant to honey fungus[200].

## 4.2.25 Chaenomeles cathayensis

Chinese Quince

4 tlin 8 cyuc 4 kcak 0 tcan 2 dwat 3 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Chaenomeles cathayensis is a deciduous Shrub growing to 3 m (9ft) by 3 m (9ft). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower in April, and the seeds ripen in October. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. It can tolerate

atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - very harsh
raw but fragrant when cooked[1, 3, 4, 11, 177]. It makes an
excellent jelly[183] and a very good jam, it is especially good
cooked with apples in apple pies[K]. The fruit is very large
and can be 15cm long and 9cm wide[200].

dwatta Antiemetic Antirheumatic Antispasmodic DigestiveThe fruit is antiemetic, antirheumatic, antispasmodic and digestive[176]. It is used in the treatment of rheumatic pain, convulsions of the calf muscles, vomiting, dyspepsia and diarrhoea[176].

nrakta E. Asia - China. ksacta Scrub and hedges in W. Hubei[184]. Slopes, forest margins and roadsides at elevations of 900 - 2500 metres[266].

propta Seed - best sown as soon as it is ripe in a sheltered position outdoors or in a cold frame[200]. Sow stored seed in February in a greenhouse[78]. Germination usually takes place within 6 weeks[78]. Prick out the seedlings into individual pots as soon as they are large enough to handle. If well grown, these seedling can be large enough to plant out in the summer, but give them some protection in their first winter. Otherwise plant them out in late spring of the following year[K]. Cuttings of half-ripe wood, July/August in a frame[11]. Cuttings of mature wood of the current year's growth, November in a cold frame. Layering in late spring or in autumn. This is a sure and easy method, though it takes 12 months[78, 200].

nwatta Easily cultivated in any reasonably good soil[1, 200]. Prefers a deep moist well-drained loam[4, 11]. Grows well in heavy clay soils. Tolerates full shade but requires a sunny position for best fruit production[3, 11, 200]. Becomes chlorotic on very alkaline soils[188, 200]. Tolerates atmospheric pollution[200]. A very ornamental plant[1], it is hardy to about -25°c(200]. Plants are subject to canker, especially when growing in the milder moister areas of Britain[49]. Plants in this genus are notably resistant to honey fungus[200]. Fruits are usually freely produced in Britain, but they do not always ripen[11, 182]. The plant grows and fruits well on a south wall at Kew[K]. A good bee plant, flowering early in the year and providing pollen and nectar[108]. In garden design, as well as the above-ground architecture of a plant, root structure considerations help in choosing plants that work together for their optimal soil requirements including nutrients and water. The root pattern is branching: a heart root, dividing from the crown into several primary roots going down and out [2-1].

## 4.2.26 Berberis buxifolia

Magellan Barberry

4 tlin 8 cyuc 4 kcak 3 tcan 2 dwat 2.5 m hkuc hmimhtut cyutli kyuctcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Berberis buxifolia is an evergreen Shrub growing to 2.5 m (8ft) by 3 m (9ft). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in leaf all year, in flower in April. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or used in conserves[3, 11, 69, 139, 177]. Freely borne in Britain. Large and black with a pleasant flavour, they are eaten out of hand[183]. Said to be the best flavoured of the South American barberries, the fruit is hardly acid and but slightly astringent[2]. The green unripe fruits can be used like gooseberries in pies etc[2, 183]. The fruits are about 8mm long[200].

tcanta Dye Hedge HedgeA yellow dye is obtained from the root[139]. The dwarf form, var. 'Nana' makes a good dwarf hedge to 1 metre tall[182].

dwatta Antibacterial Cancer DysenteryBerberine, universally present in rhizomes of Berberis species, has marked antibacterial effects. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enteric infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine[218]. Berberine has also shown antitumour activity[218].

nrakta S. America - S. Chile and S. Argentina. Occasionally naturalized in Britain[17]. ksacta Coastal scrub, forest margins, clearings and moister areas in grass[69].

propta Seed - best sown as soon as it is ripe in a cold frame, when it should germinate in late winter or early spring[78]. Seed from over-ripe fruit will take longer to germinate[78], whilst stored seed may require cold stratification and should be sown in a cold frame as early in the year as possible[80]. The seedlings are subject to damping off, so should be kept well ventilated[113]. When the seedlings are large enough to handle, prick them out into individual pots and grow them on in a cold frame. If growth is sufficient, it can be possible to plant them out into their permanent positions in the autumn, but generally it is best to leave them in the cold frame for the winter and plant them out in late spring or early summer of the following year. Cuttings of half-ripe wood, July/August in a frame. Roots in 4 - 8 weeks[113]. Pot up in spring[113]. Cuttings of mature wood of the current season's growth, preferably with a heel, October/November in a frame[78].

nwatta Prefers a warm moist loamy soil and light shade but it is by no means fastidious, succeeding in thin, dry and shallow soils and in full sun[11, 200]. Grows well in heavy clay soils. Plants are hardy to about -15°c[184], but they can be deciduous in cold winters[188]. The dwarf B. buxifolia nana is the form of this species that is most commonly found growing in Britain. It is very free flowering but to date (1994) we have not seen this form bearing fruit[K]. The species is supposed to be self-fertile so it is possible that this form is sterile. Hybridizes freely with other members of this genus[1]. Plants can be pruned back quite severely and resprout well from the base[200].

## 4.2.27 Hemerocallis exaltata

4 tlin 8 cyuc 4 kcak 0 tcan 1 dwat 1 m hkuc hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Hemerocallis exaltata is a PERENNIAL growing to 1 m (3ft 3in) by 0.5 m (1ft 8in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from June to July. The species is hermaphrodite (has both male and female organs). Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly

alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

pcista Large quantities of the leaves are said to be hallucinogenic. Blanching the leaves removes this hallucinatory component[205]. (This report does not make clear what it means by blanching, it could be excluding light from the growing shoots or immersing in boiling water[K].)

kcakta Edible Parts: Flowers LeavesEdible Uses: Leaves and young shoots - cooked[116, 205]. They must be consumed when very young or else they become fibrous[K]. Flowers and flower buds - raw or cooked[105, 177]. They can be dried and used as a thickener in soups etc. The flower buds contain about 43mg vitamin C per 100g, 983 IU vitamin A and 3.1% protein[205].

tcanta WeavingThe tough dried foliage is plaited into cord and used for making footwear[205].

dwatta Antidote Diuretic Vitamin CThe juice of the roots is an effective antidote in cases of arsenic poisoning[205]. A tea made from the boiled roots is used as a diuretic[205].

nrakta E. Asia - Japan, it is only found on Tobishima Island, a small Islet off W. Japan. ksacta Meadows[187].

propta Seed - sow in the middle of spring in a greenhouse. Germination is usually fairly rapid and good. Prick out the seedlings into individual pots when they are large enough to handle. Grow the plants on for their first winter in a greenhouse and plant out in late spring[K]. Division in spring or after flowering in late summer or autumn[200]. Division is very quick and easy, succeeding at almost any time of the year[K]. Larger clumps can be replanted direct into their permanent positions, though it is best to pot up smaller clumps and grow them on in a cold frame until they are rooting well. Plant them out in the spring.

nwatta Succeeds in most soils[1], including dry ones, preferring a rich moist soil[200, 205]. Grows well in heavy clay soils. Succeeding in sun or shade, it produces more flowers in a sunny position though these flowers can be shorter-lived in very sunny positions[205]. Succeeds in short grass if the soil is moist[1]. Prefers a pH between 6 and 7[200]. This species is hardy to about -15°c[187]. Hybridizes freely with other members of this genus[200]. Some roots are short and enlarged, others long with spindle-shaped tuberous ends. The plant forms a compact clump[233], but it also produces rhizomes that tend to spread[205]. Individual flowers are very short-lived, they open in the morning and wither in the evening[205]. Plants take a year or two to become established after being moved[200]. Plants seem to be immune to the predations of rabbits[233]. The plants are very susceptible to slug and snail damage, the young growth in spring is especially at risk[200].

#### 4.2.28 Hemerocallis fulva longituba

4 tlin 8 cyuc 4 kcak 2 tcan 1 dwat 1 m hkuc

hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Hemerocallis fulva longituba is a PERENNIAL growing to 1 m (3ft 3in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from June to August. The species is hermaphrodite (has both male and female organs). Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

pcista Large quantities of the leaves are said to be hallucinogenic[127, 137]. Blanching the leaves removes this hallucinatory component[205]. (This report does not make clear what it means by blanching, it could be excluding light from the growing shoots or immersing in boiling water[K].)

kcakta Edible Parts: Flowers Leaves RootEdible Uses: Leaves and young shoots - cooked[105, 116]. They must be consumed when very young or else they become fibrous[K]. Flowers and flower buds - raw or cooked[105, 177]. They can be dried and used as a thickener in soups etc. The flower buds contain about 43mg vitamin C per 100g, 983 IU vitamin A and 3.1% protein[205]. Root - raw or cooked[205]. A pleasant nutty flavour.

tcanta WeavingThe tough dried foliage is plaited into cord and used for making footwear[205].

dwatta Antidote Diuretic Vitamin CThe juice of the roots is an effective antidote in cases of arsenic poisoning[205]. A tea made from the boiled roots is used as a diuretic[205].

nrakta E. Asia - C. and S. Japan ksacta Long cultivated, the plant is not known in the wild  ${\sf N}$ 

propta Seed - sow in the middle of spring in a greenhouse. Germination is usually fairly rapid and good. Prick
out the seedlings into individual pots when they are large
enough to handle. Grow the plants on for their first winter
in a greenhouse and plant out in late spring[K]. Division in
spring or after flowering in late summer or autumn[200]. Division is very quick and easy, succeeding at almost any time
of the year[K]. Larger clumps can be replanted direct into
their permanent positions, though it is best to pot up smaller
clumps and grow them on in a cold frame until they are rooting well. Plant them out in the spring.

nwatta Succeeds in most soils[1], including dry ones,

nwatta Succeeds in most soils[1], including dry ones, preferring a rich moist soil and a sunny position[200] but tolerating partial shade. Plants flower less freely in a shady position though the flowers can last longer in such a position[205]. Grows well in heavy clay soils. Succeeds in short grass if the soil is moist[1]. Prefers a pH between 6 and 7[200]. Hybridizes freely with other members of this genus[200]. Unlike the type species, this form does produce viable seed[187]. Plants take a year or two to become established after being moved[200]. Individual flowers are shortlived, opening in the morning and withering in the evening. The plant, however, produces a succession of flowers over a period of about 6 weeks[205]. Plants seem to be immune to the predations of rabbits[233]. The plants are very susceptible to slug and snail damage, the young growth in spring is especially at risk[200].

## 4.2.29 Rosa villosa

Apple Rose

4 tlin 8 cyuc 4 kcak 1 tcan 1 dwat 1.8 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Rosa villosa is a deciduous Shrub growing to 1.8 m (6ft). See above for USDA hardiness. It is hardy to UK zone 5. It is in flower from June to August, and the seeds ripen from August to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees, flies, Lepidoptera (Moths and Butterflies). The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista There is a layer of hairs around the seeds just beneath the flesh of the fruit. These hairs can cause irritation to the mouth and digestive tract if ingested.

kcakta Edible Parts: Fruit SeedEdible Uses: TeaFruit raw or cooked[2, 3, 46, 61, 105]. A pleasant acid pulp, the fruit can also be used in preserves, jams etc[183]. The fruit is about 30mm in diameter[200], but there is only a thin layer of flesh surrounding the many seeds[K]. Rich in vitamin C, there is 1303mg per 100g (fresh weight) of fruit[142]. Some care has to be taken when eating this fruit, see the notes above on known hazards. The seed is a good source of vitamin E, it can be ground into a powder and mixed with flour or added to other foods as a supplement[102, 183]. Be sure to remove the seed hairs[102]. The leaves are used as a tea substitute[46, 61, 183]. A pleasant tasting fruity-flavoured tea is made from the dried fruit[21, 46].

dwatta Cancer Vitamin CThe fruit of many members of this genus is a very rich source of vitamins and minerals, especially in vitamins A, C and E, flavanoids and other bioactive compounds. It is also a fairly good source of essential fatty acids, which is fairly unusual for a fruit. It is being investigated as a food that is capable of reducing the incidence of cancer and also as a means of halting or reversing the growth of cancers[214].

nrakta Europe, including Britain, from Scandanavia south and east to Spain, the Caucasus, W. Asia to Iran. ksacta Woods, hedgerows, scrub etc[17].

propta Seed. Rose seed often takes two years to germinate. This is because it may need a warm spell of weather after a cold spell in order to mature the embryo and reduce the

seedcoat[80]. One possible way to reduce this time is to scarify the seed and then place it for 2 - 3 weeks in damp peat at a temperature of 27 - 32°c (by which time the seed should have imbibed). It is then kept at 3°c for the next 4 months by which time it should be starting to germinate[80]. Alternatively, it is possible that seed harvested 'green' (when it is fully developed but before it has dried on the plant) and sown immediately will germinate in the late winter. This method has not as yet(1988) been fully tested[80]. Seed sown as soon as it is ripe in a cold frame sometimes germinates in spring though it may take 18 months. Stored seed can be sown as early in the year as possible and stratified for 6 weeks at 5°c[200]. It may take 2 years to germinate[200]. Prick out the seedlings into individual pots when they are large enough to handle. Plant out in the summer if the plants are more than 25cm tall, otherwise grow on in a cold frame for the winter and plant out in late spring. Cuttings of half-ripe wood with a heel, July in a shaded frame. Overwinter the plants in the frame and plant out in late spring[78]. High percentage[78]. Cuttings of mature wood of the current seasons growth. Select pencil thick shoots in early autumn that are about 20 - 25cm long and plant them in a sheltered position outdoors or in a cold frame[78, 200]. The cuttings can take 12 months to establish but a high percentage of them normally succeed[78]. Division of suckers in the dormant season. Plant them out direct into their permanent positions. Layering. Takes 12 months[11].

nwatta Succeeds in most well-drained soils[11], preferring a circumneutral soil and a sunny position[200]. Grows well in heavy clay soils. Dislikes water-logged soils[200]. Grows well with alliums, parsley, mignonette and lupins[18, 20]. Garlic planted nearby can help protect the plant from disease and insect predation[18, 20]. Grows badly with boxwood[18]. Formerly cultivated for its edible fruit which, from selected plants, can be 4cm wide[11]. There are some named varieties, 'Wolley Dod' has large fruits with a good flavour[183]. The flowers are semi-double, heavily scented and sweetly fragrant[183]. The foliage has an aroma like ripe apples[245]. Plants often produce suckers[200]. Hybridizes freely with other members of this genus[80]. Plants in this genus are notably susceptible to honey fungus[200]. For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is multistemmed with multiple stems from the crown [1-2].

#### 4.2.30 Astrebla squarrosa

Bull Mitchell grass

4 tlin 12 cyuc 4 kcak 1 tcan 0 dwat 1.5 m hkuc

htut cyutli hgatkyuctcup hwicli hyishrasjlutnyikfrip hpa7tli

flatpriklwis hpa7tmwatli hjonli

drutta Astrebla squarrosa is a PERENNIAL growing to 1.5 m (5ft) by 0.1 m (0ft 4in) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 10. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It cannot grow in the shade. It prefers dry or moist soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure.

kcakta Edible Parts: SeedEdible Uses: Carbon Farming Solutions - Staple Crop: balanced carb (The term staple crop typically refers to a food that is eaten routinely and accounts for a dominant part of people's diets in a particular region of the world) [1-1]. Cultivated in the past but largely or completely abandoned.

tcanta Providing habitat for organisms such as mamals.

nrakta Australasia. ksacta Heavy, cracking clays on plains and river flats, sometimes with Lysiphyllum or Excoecaria, or in Dicanthium-Eulalia grassland and cleared Brigalow areas; flowers after rain.

propta Wild. Seed.

nwatta Historic Crop Management: Standard Staple Crop: Balanced carbClimate: subtropical to tropical. Humidity: semi-arid. Grow on clay soils, mainly between an upper limit of 600 mm average annual rainfall, and a lower limit of 200 mm, and even below in depressions where the water concentrates following rains e.g. in Sturt's Stony

Desert. Mitchell grasses are deep rooted and become dormant during drought, allowing them to survive extended periods without rainfall. Carbon Farming Solutions - Cultivation: historic crop. Cultivated in the past but largely or completely abandoned. Management: standard (Describes the non-destructive management systems that are used in cultivation) [1-1].

## 4.2.31 Hemerocallis lilioasphodelus

Yellow Day Lily

4 tlin 8 cyuc 4 kcak 2 tcan 2 dwat 0.6 m hkuc

hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Hemerocallis lilioasphodelus is a PERENNIAL growing to 0.6 m (2th) by 1 m (3ft 3in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from May to July. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

pcista Large quantities of the leaves are said to be hallucinogenic. Blanching the leaves removes this hallucinatory component[205]. (This report does not make clear what it means by blanching, it could be excluding light from the growing shoots or immersing in boiling water[K].)

growing shoots or immersing in boiling water[K].) kcakta Edible Parts: Flowers Leaves Root ShootsEdible Uses: Leaves and young shoots - raw or cooked like asparagus or celery[85, 105, 183]. They must be consumed when very young or else they become fibrous[K]. Flower buds - raw or cooked. They taste somewhat like green beans[85, 105]. They contain about 43mg vitamin C per 100g, 983 IU vitamin A and 3.1% protein[205]. Flowers - raw or cooked[85, K]. They can be dried and used as a thickener in soups etc[183]. If the flowers are picked just as they start to wither they can be used as a condiment[85]. The flowers are a traditional food in China where they are steamed and then dried[266]. Root - cooked[85, 105]. They taste like a blend of sweet corn and salsify[183]. We have found them to be tender but fairly bland with a slight sweetness[K]. The swollen roots are quite small and are only really worthwhile using if the plant is being dug up for divisions or some other reason[K]. tcanta WeavingThe tough dried foliage is plaited into

cord and used for making footwear[205]. Plants form a spreading clump and are suitable for ground cover when spaced about 45cm apart each way[208]. The dead leaves should be left on the ground in the winter to ensure effective cover[208].

dwatta Antidote Cancer Diuretic Vitamin CThe juice of

dwatta Antidote Cancer Diuretic Vitamin CThe juice of the roots is an effective antidote in cases of arsenic poisoning[205]. The root also has a folk history of use in the treatment of cancer - extracts from the roots have shown antitumour activity[218]. A tea made from the boiled roots is used as a diuretic[205].

nrakta Original habitat is obscure, possibly China. An occasional garden escape in Britain. ksacta Rocky mountain woods, wet meadows and riversides on foothills of the S.E. Alps in Europe[50].

propta Seed - sow in the middle of spring in a greenhouse. Germination is usually fairly rapid and good. Prick out the seedlings into individual pots when they are large enough to handle. Grow the plants on for their first winter in a greenhouse and plant out in late spring[K]. Division in spring or after flowering in late summer or autumn[200]. Division is very quick and easy, succeeding at almost any time of the year[K]. Larger clumps can be replanted direct into their permanent positions, though it is best to pot up smaller clumps and grow them on in a cold frame until they are rooting well. Plant them out in the spring.

nwatta Succeeds in most soils[1], including dry ones, preferring a rich moist soil and a sunny position[111] but tolerating partial shade[88, 111]. Plants flower less freely in a shady position though the flowers can last longer in such a position[205]. Grows well in heavy clay soils. Succeeds in short grass if the soil is moist[1]. Prefers a pH between 6 and 7[200]. Plants are very cold-hardy, tolerating temperatures down to about -25°c[187]. A very vigorous plant, spreading by underground rhizomes[1]. The plant has a fibrous root

system with occasional spindle-like swellings[205]. Cultivated as a food and medicinal plant in Japan[127]. Individual flowers are short-lived, they open at night and last for 20 - 76 hours. The plant produces a succession of blooms over a period of about 2 months[205]. The flowers are fragrant[205]. The flowers have a honeysuckle-like scent and this can pervade the air for a considerable distance when warmed by the summer sunshine[245]. Hybridizes freely with other members of this genus[200]. Plants take a year or two to become established after being moved[200]. Plants seem to be immune to the predations of rabbits[233]. The plants are very susceptible to slug and snail damage, the young growth in spring is especially at risk[200]. The plant is heat tolerant in zones 12 through 2. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a clumper with limited spread [1-2]. The root pattern is rhizomatous with underground stems sending roots and shoots along their length [1-2]. The root pattern is tuberous with swollen potato-like roots [1-2].

#### 4.2.32 Hemerocallis multiflora

4 tlin 8 cyuc 4 kcak 0 tcan 1 dwat m hkuc hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flat-

priklwis hpa7tmwatli xre7t hjonli drutta Hemerocallis multiflora is a PERENNIAL grow-

ing to 1 m (3ft 3in) by 0.5 m (1ft 8in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from July to September. The species is hermaphrodite (has both male and female organs). Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil. pcista Large quantities of the leaves are said to be hal-

lucinogenic. Blanching the leaves removes this hallucinatory component[205]. (This report does not make clear what it means by blanching, it could be excluding light from the growing shoots or immersing in boiling water[K].)

kcakta Edible Parts: Flowers Leaves RootEdible Uses: Leaves and young shoots - cooked[205]. They must be consumed when very young or else they become fibrous[K]. Flowers and flower buds - raw or cooked. Relatively small for a day lily, but the flowers are crisp with a pleasant sweetness and no aftertaste - they make a delicious addition to salads[K]. The flowers can also be dried and used as a thickener in soups etc. The flower buds contain about 43mg vitamin C per 100g, 983 IU vitamin A and 3.1% protein[205]. Root - raw or cooked[K]. We have found them to be tender but fairly bland with a slight sweetness[K]. The roots are slightly fleshy, with a swollen, tuberous part near the tip[266]. The swollen roots are quite small and are only really worthwhile using if the plant is being dug up for divisions or some other reason[K].

tcanta WeavingThe tough dried foliage is plaited into cord and used for making footwear[205].

dwatta Antidote Diuretic Vitamin CThe juice of the roots is an effective antidote in cases of arsenic poisoning[205]. A tea made from the boiled roots is used as a diuretic[205].

nrakta E. Asia - China in Hunan, Japan. ksacta Hill forests and openings in forests on hilltops at elevations of 700 - 1000 metresin China[266].

propta Seed - sow in the middle of spring in a greenhouse. Germination is usually fairly rapid and good. Prick out the seedlings into individual pots when they are large enough to handle. Grow the plants on for their first winter in a greenhouse and plant out in late spring[K]. Division in spring or after flowering in late summer or autumn[200]. Division is very quick and easy, succeeding at almost any time of the year[K]. Larger clumps can be replanted direct into

their permanent positions, though it is best to pot up smaller clumps and grow them on in a cold frame until they are rooting well. Plant them out in the spring.

nwatta Succeeds in most soils[1], including dry ones, preferring a rich moist soil and a sunny position[11] but tolerating partial shade[88]. Plants flower less freely in a shady position though the flowers can last longer in such a position[205]. Grows well in heavy clay soils. Succeeds in short grass if the soil is moist[1]. Prefers a pH between 6 and 7[200]. Hybridizes freely with other members of this genus[200]. This species is closely related to H. micrantha and H. plicata[205]. Individual flowers are short-lived but the plant produces a succession of blooms. Each scape carries between 75 and 100 blooms[205]. Plants take a year or two to become established after being moved[200]. Plants seem to be immune to the predations of rabbits[233]. The plants are very susceptible to slug and snail damage, the young growth in spring is especially at risk[200].

#### 4.2.33Hemerocallis dumortieri

Dumortier's daylily

4 tlin 8 cyuc 4 ǩcak 3 tcan 1 dwat 0.5 m hkuc hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Hemerocallis dumortieri is a PERENNIAL growing to 0.5 m (1ft 8in) by 0.6 m (2ft). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from May to June. The species is hermaphrodite (has both male and female organs). Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

pcista Large quantities of the leaves are said to be hallucinogenic. Blanching the leaves removes this hallucinatory component[205]. (This report does not make clear what it means by blanching, it could be excluding light from the growing shoots or immersing in boiling water[K].)

kcakta Edible Parts: Flowers Leaves ShootsEdible Uses: Leaves and young shoots - cooked[105, 177, 183]. They must be consumed when very young or else they become fibrous[K]. Flowers and flower buds - raw or cooked[105, 177, 205]. The flowers are crisp and juicy with a pleasant sweetness and no unpleasant after-taste[K]. They can be dried and used as a thickener in soups etc[183]. The flower buds contain about 43mg vitamin C per 100g, 983 IU vitamin A and 3.1% protein[205]. Root - raw or cooked.

tcanta WeavingThe tough dried foliage is plaited into cord and used for making footwear[205]. Plants form a slowly spreading clump and are suitable for ground cover when spaced about 45cm apart each way[208]. The dead leaves should be left on the ground in the winter to ensure effective cover[208].

dwatta Antidote Diuretic Vitamin CThe juice of the roots is an effective antidote in cases of arsenic poisoning[205]. A tea made from the boiled roots is used as a diuretic[205].

nrakta E. Asia - Japan, Korea. ksacta Meadows in the mountains of N. and C. Japan[58, 187].

propta Seed - sow in the middle of spring in a greenhouse. Germination is usually fairly rapid and good. Prick out the seedlings into individual pots when they are large enough to handle. Grow the plants on for their first winter in a greenhouse and plant out in late spring[K]. Division in spring or after flowering in late summer or autumn[200]. Division is very quick and easy, succeeding at almost any time of the year[K]. Larger clumps can be replanted direct into their permanent positions, though it is best to pot up smaller clumps and grow them on in a cold frame until they are rooting well. Plant them out in the spring.

nwatta Succeeds in most soils[1], including dry ones, preferring a rich moist soil[200]. Grows well in heavy clay soils. Succeeding in sun or shade, it produces more flowers in a sunny position though these flowers can be shorter-lived in very sunny positions[205]. Succeeds in short grass if the soil is moist[1]. Prefers a pH between 6 and 7[200]. This species is hardy to about -20°c[187]. Hybridizes freely with other members of this genus[200]. Individual flowers only live for one day[205]. The flowers are sweetly scented[245]. Plants form a tight clump that spreads slowly[K]. The roots are cylindrical [205]. Plants take a year or two to become established after being moved [200]. Plants seem to be immune to the predations of rabbits [233]. The plants are very susceptible to slug and snail damage, the young growth in spring is especially at risk [200].

#### **4.2.34** Cornus mas

Cornelian Cherry, Cornelian Cherry Dogwood 4 tlin 8 cyuc 4 kcak 3 tcan 2 dwat m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Cornus mas is a deciduous Shrub growing to 5 m (16ft) by 5 m (16ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from February to March, and the seeds ripen in September. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerates strong winds but not maritime exposure.

kcakta Edible Parts: Fruit Oil OilEdible Uses: Coffee Oil OilFruit - raw, dried or used in preserves[2, 3, 7, 9, 13, 183]. Juicy, with a nice acid flavour[11]. The fully ripe fruit has a somewhat plum-like flavour and texture and is very nice eating, but the unripe fruit is rather astringent[K]. It is rather low in pectin and so needs to be used with other fruit when making jam[9]. At one time the fruit was kept in brine and used like olives[183]. The fruit is a reasonable size, up to 15mm long, with a single large seed[K]. A small amount of edible oil can be extracted from the seeds[7]. Seeds are roasted, ground into a powder and used as a coffee substitute[183].

tcanta Dye Hedge Hedge Oil Oil Tannin WoodAn oil is obtained from the seed[7]. A dye is obtained from the bark[3, 7]. No more details are given. Another report says that a red dye is obtained from the plant, but does not say which part of the plant[4]. The leaves are a good source of tannin[7]. Wood - very hard, it is highly valued by turners[7]. The wood is heavier than water and does not float[7]. It is used for tools, machine parts, etc[7, 11, 13, 61].

dwatta Astringent Cholera Febrifuge NutritiveThe bark and the fruit are astringent, febrifuge and nutritive[7]. The astringent fruit is a good treatment for bowel complaints and fevers, whilst it is also used in the treatment of cholera[4, 254]. The flowers are used in the treatment of diarrhoea[4]. nrakta Europe. Naturalized in Britain[17]. ksacta Woodlands, especially in calcareous soils[7, 13].

propta Seed - best sown as soon as it is ripe in a cold frame or in an outdoors seedbed if there is sufficient seed[80, 113]. The seed must be separated from the fruit flesh since this contains germination inhibitors[80, 164]. Stored seed should be cold stratified for 3 - 4 months and sown as early as possible in the year[164]. Scarification may also help as may a period of warm stratification before the cold stratification[80, 164]. Germination, especially of stored seed, can be very slow, taking 18 months or more[164]. Prick out the seedlings of cold-frame sown seeds into individual pots as soon as they are large enough to handle and grow the plants on for their first winter in a greenhouse, planting out in the spring after the last expected frosts. Cuttings of half-ripe side shoots, July/August in a frame[188]. Cuttings of mature wood of the current year's growth, taken with a heel if possible, autumn in a cold frame. High percentage[78]. Layering of new growth in June/July. Takes 9 months[78].

nwatta Landscape Uses:Border, Firewood, Pest tolerant, Hedge, Screen, Specimen, Woodland garden. An easily grown plant, it succeeds in any soil of good or moderate fertility[1], ranging from acid to shallow chalk[200]. Grows well in heavy clay soils. Prefers a moist soil[108] and a sunny position[15] but also succeeds in light shade[188]. Plants are fairly wind resistant[K]. Plants grow and crop well in pots. A very hardy plant, tolerating temperatures down to about -25°c[184]. At one time the cornelian cherry was frequently cultivated for its edible fruit, though it has fallen into virtual disuse as a fruit crop in most areas[3]. It is still being cultivated in parts of C. Europe and there are some named varieties[183]. 'Macrocarpa' has larger fruits than

the type[182]. 'Nana' is a dwarf form, derived from a yellowfruited clone[182]. 'Variegata' has been seen on a number of occasions with very large crops of fruit, even in years when the type species has not fruited well[K]. 'Jolico' has wellflavoured fruits 3 times larger than the species. There are also a number of cultivars with yellow, white and purplish fruit. Seedlings can take up to 20 years to come into fruit. Plants produced from cuttings come into fruit when much younger, though they do not live as long as the seedlings. A very ornamental plant[1] it flowers quite early in the year and is a valuable early food for bees[13, 108]. Plants in this genus are notably resistant to honey fungus[200]. Special Features: Attracts birds, Not North American native, Attractive flowers or blooms. The plant is heat tolerant in zones 8 through 5. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the aboveground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a standard with a non-suckering single trunk [1-2]. In garden design, as well as the above-ground architecture of a plant, root structure considerations help in choosing plants that work together for their optimal soil requirements including nutrients and water. The root pattern is branching: a heart root, dividing from the crown into several primary roots going down and out [2-1].

#### 4.2.35 Hemerocallis littorea

Coastal Day Lily

4 tlin 8 cyuc 4 kcak 2 tcan 1 dwat 0.9 m hkuc hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Hemerocallis littorea is a PERENNIAL growing to 0.9 m (3ft) by 0.6 m (2ft in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from August to September, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs). Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

pcista Large quantities of the leaves are said to be hallucinogenic[127, 137]. Blanching the leaves removes this hallucinatory component[205]. (This report does not make clear what it means by blanching, it could be excluding light from the growing shoots or immersing in boiling water[K].)

kcakta Edible Parts: Flowers Leaves RootEdible Uses: Leaves and young shoots - cooked. They must be consumed when very young or else they become fibrous[K]. Flowers and flower buds - raw or cooked[105, 177]. They can be dried and used as a thickener in soups etc. The flower buds contain about 43mg vitamin C per 100g, 983 IU vitamin A and 3.1% protein[205]. Root - raw or cooked. A pleasant nutty flavour. This sub-species has a fibrous root system[205].

tcanta WeavingThe tough dried foliage is plaited into cord and used for making footwear[205]. Attractive flowers.

dwatta Antidote Diuretic Vitamin CThe juice of the roots is an effective antidote in cases of arsenic poisoning[205]. A tea made from the boiled roots is used as a diuretic[205].

nrakta E. Asia - Japan. ksacta Grassy places near the sea[58, 187].

propta Seed - sow in the middle of spring in a green-house. Germination is usually fairly rapid and good. Prick out the seedlings into individual pots when they are large enough to handle. Grow the plants on for their first winter in a greenhouse and plant out in late spring[K]. Division in spring or after flowering in late summer or autumn[200]. Division is very quick and easy, succeeding at almost any time of the year[K]. Larger clumps can be replanted direct into their permanent positions, though it is best to pot up smaller

clumps and grow them on in a cold frame until they are rooting well. Plant them out in the spring.

nwatta Succeeds in most soils[1], including dry ones, preferring a rich moist soil and a sunny position[200] but tolerating partial shade[88]. Plants flower less freely in a shady position though the flowers can last longer in such a position[205]. Grows well in heavy clay soils. Succeeds in short grass if the soil is moist[1]. Prefers a pH between 6 and 7[200]. Plants are hardy to about -15°c[187]. The plant has a fibrous root system[205]. Individual flowers are shortlived, opening in the morning and withering in the evening. The plant, however, produces a succession of flowers over a period of about 6 weeks[205]. Hybridizes freely with other members of this genus[200]. Unlike the type species, this form does produce viable seed[187]. Plants take a year or two to become established after being moved[200]. They can then spread quite freely[K]. Plants seem to be immune to the predations of rabbits[233]. The plants are very susceptible to slug and snail damage, the young growth in spring is especially at risk[200].

## 4.2.36 Hemerocallis citrina

Citron daylily

4 tlin 8 cyuc 4 kcak 2 tcan 1 dwat 0.8 m hkuc hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli dyatxre7t hjonli drutta Hemerocallis citrina is a PERENNIAL growing to

0.8 m (2ft 7in) by 0.8 m (2ft 7in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from June to July. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is not self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

pcista Large quantities of the leaves are said to be hallucinogenic. Blanching the leaves removes this hallucinatory component[205]. (This report does not make clear what it means by blanching, it could be excluding light from the growing shoots or immersing in boiling water[K].)

kcakta Edible Parts: Flowers Leaves RootEdible Uses: Leaves and young shoots - cooked[205]. They must be consumed when very young or else they become fibrous[K]. Flowers and flower buds - raw or cooked[105, 177]. The flowers can be dried and used as a thickener in soups etc. The slender trumpets vary from 12 - 17cm long[205]. There can be from 7 to 65 buds on a flowering stem[205]. The flower buds contain about 43mg vitamin C per 100g, 983 IU vitamin A and 3.1% protein[205]. Root - raw or cooked[205]. The flavour is somewhat radish-like but not so sharp[205].

tcanta WeavingThe tough dried foliage is plaited into cord and used for making footwear[205].

dwatta Antidote Diuretic Vitamin CThe juice of the roots is an effective antidote in cases of arsenic poisoning[205]. A tea made from the boiled roots is used as a diuretic[205].

nrakta E. Asia - China. ksacta Forest margins, grassy fields and slopes along valleys from near sea level to 2000 metres[266].

propta Seed - sow in the middle of spring in a greenhouse. Germination is usually fairly rapid and good. Prick out the seedlings into individual pots when they are large enough to handle. Grow the plants on for their first winter in a greenhouse and plant out in late spring[K]. Division in spring or after flowering in late summer or autumn[200]. Division is very quick and easy, succeeding at almost any time of the year[K]. Larger clumps can be replanted direct into their permanent positions, though it is best to pot up smaller clumps and grow them on in a cold frame until they are rooting well. Plant them out in the spring.

nwatta Succeeds in most soils[1], including dry ones, preferring a rich moist soil[200]. Grows well in heavy clay soils. Succeeding in sun or shade, it produces more flowers in a sunny position though these flowers can be shorter-lived in very sunny positions[205]. Succeeds in short grass if the soil is moist[1]. Prefers a pH between 6 and 7[200]. Plants are hardy to at least -20°c[187]. Widely cultivated in China for its edible flowers, especially in Hunan province[266]. Hyridizes freely with other members of this genus[200]. This species is said to be self-incompatible[127, 205]. Many of the

plants in cultivation under this name are H. thunbergii[205]. The sub-species H. citrina vespertina (Hara.) Erhardt. is a very free-flowering form, producing up to 75 buds per scape and capable of flowering from July to October if the weather is suitable[205]. The plant forms a loose spreading clump[K]. The roots form pseudobulbs[205]. Plants take a year or two to become established after being moved[1]. Plants seem to be immune to the predations of rabbits[233]. The plants are very susceptible to slug and snail damage, the young growth in spring is especially at risk[200]. Individual flowers are very short-lived, they open in the late afternoon and die in the morning[200]. However, plants produce a succession of flowers for several weeks of the summer. The number of flowers on a scape varies from 7 to 65[205]. The flowers have a lemony scent[205]. Another report says that they have a pronounced honeysuckle scent[245].

#### 4.2.37 Hemerocallis minor

Grassleaf Day Lily, Small daylily
4 tlin 8 cyuc 4 kcak 2 tcan 1 dwat m hkuc
hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli
drutta Hemerocallis minor is a PERENNIAL growing to

0.5 m (1ft 8in) by 0.5 m (1ft 8in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from May to June. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil

pcista Large quantities of the leaves are said to be hallucinogenic. Blanching the leaves removes this hallucinatory component[205]. (This report does not make clear what it means by blanching, it could be excluding light from the growing shoots or immersing in boiling water[K].)

kcakta Edible Parts: Flowers Leaves RootEdible Uses: Leaves and young shoots - cooked[2, 20, 46, 61, 183]. They must be consumed when very young or else they become fibrous[K]. One report says that eating these leaves appears to stimulate or intoxicate to some extent[2]. Flowers and flower buds - raw or cooked[2, 20, 46, 61]. Considered to be a great delicacy[177]. The flowers are a traditional food in China where they are steamed and then dried[266]. The flowers can be dried and used as a relish or a thickener in soups etc[178, 183]. The flower buds contain about 43mg vitamin C per 100g, 983 IU vitamin A and 3.1% protein[205]. Root - raw or cooked[183, 205]. A radish-like flavour but not so sharp[205].

tcanta WeavingThe tough dried foliage is plaited into cord and used for making footwear[205].

dwatta Anodyne Antidote Cancer Diuretic Febrifuge Vitamin CAnodyne, antidote, diuretic, febrifuge[178]. The juice of the roots is an effective antidote in cases of arsenic poisoning[205]. The root also has a folk history of use in the treatment of cancer - extracts from the roots have shown antitumour activity[218]. A tea made from the boiled roots is used as a diuretic[205].

nrakta E. Asia - N. China, Korea. ksacta Water meadows, elevated wet places with sandy soils, forest glades, mountain slopes and scrub[74].

propta Seed - sow in the middle of spring in a greenhouse. Germination is usually fairly rapid and good. Prick out the seedlings into individual pots when they are large enough to handle. Grow the plants on for their first winter in a greenhouse and plant out in late spring[K]. Division in spring or after flowering in late summer or autumn[200]. Division is very quick and easy, succeeding at almost any time of the year[K]. Larger clumps can be replanted direct into their permanent positions, though it is best to pot up smaller clumps and grow them on in a cold frame until they are rooting well. Plant them out in the spring.

nwatta Succeeds in most soils[1], including dry ones, preferring a rich moist soil and a sunny position[111] but tolerating partial shade[88]. Plants flower less freely in a shady position though the flowers can last longer in such a position[205]. Grows well in heavy clay soils. Succeeds in short grass if the soil is moist[1]. Prefers a pH between 6 and 7[200]. A very cold-hardy plant, tolerating temperatures

down to about -25°c[187]. Hybridizes freely with other members of this genus[200]. A very ornamental plant, its roots are slender and not tuberous, whilst the rhizomes are not spreading[187]. The roots sometimes have bulbous swellings at their tips[205]. The flowers open in the evening and live for about 2 days[205]. The flowers have a powerful scent of honeysuckle[245]. Plants take a year or two to become established after being moved[200]. Plants seem to be immune to the predations of rabbits[233]. The plants are very susceptible to slug and snail damage, the young growth in spring is especially at risk[200].

## 4.2.38 Hemerocallis yezoensis

4 tlin 8 cyuc 4 kcak 0 tcan 1 dwat 0.8 m hkuc hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Hemerocallis yezoensis is a PERENNIAL growing to 0.8 m (2ft 7in). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from May to June. The species is hermaphrodite (has both male and female organs). Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

pcista Large quantities of the leaves are said to be hallucinogenic. Blanching the leaves removes this hallucinatory component[205]. (This report does not make clear what it means by blanching, it could be excluding light from the growing shoots or immersing in boiling water[K].)

kcakta Edible Parts: Flowers LeavesEdible Uses: Leaves and young shoots - cooked[105, 177]. They must be consumed when very young or else they become fibrous[K]. Flowers and flower buds - raw or cooked[205]. The flowers can be dried and used as a thickener in soups etc. The flower buds contain about 43mg vitamin C per 100g, 983 IU vitamin A and 3.1% protein[205].

tcanta WeavingThe tough dried foliage is plaited into cord and used for making footwear[205].

dwatta Antidote Diuretic Vitamin CThe juice of the roots is an effective antidote in cases of arsenic poisoning[205]. A tea made from the boiled roots is used as a diuretic[205]. nrakta E. Asia - China, Japan, Korea. ksacta Grassy places and marshy meadows near the sea[187].

propta Seed - sow in the middle of spring in a greenhouse. Germination is usually fairly rapid and good. Prick out the seedlings into individual pots when they are large enough to handle. Grow the plants on for their first winter in a greenhouse and plant out in late spring[K]. Division in spring or after flowering in late summer or autumn[200]. Division is very quick and easy, succeeding at almost any time of the year[K]. Larger clumps can be replanted direct into their permanent positions, though it is best to pot up smaller clumps and grow them on in a cold frame until they are rooting well. Plant them out in the spring.

nwatta Succeeds in most soils[1], including dry ones, preferring a rich moist soil and a sunny position[111] but tolerating partial shade[88]. Plants flower less freely in a shady position though the flowers can last longer in such a position[205]. Grows well in heavy clay soils. Succeeds in short grass if the soil is moist[1]. Prefers a pH between 6 and 7[200]. A very cold-hardy plant, tolerating temperatures down to about -25°c[187]. The roots are slender and not swollen[187]. The scapes carry between 4 and 12 blooms[205]. Hybridizes freely with other members of this genus[200]. It is closely related to H. vespertina Hara.[58]. Plants take a year or two to become established after being moved[200]. Plants seem to be immune to the predations of rabbits[233]. The plants are very susceptible to slug and snail damage, the young growth in spring is especially at risk[200].

#### 4.2.39 Crataegus mollis

Red Haw, Downy hawthorn 4 tlin 8 cyuc 4 kcak 2 tcan 2 dwat m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli drutta Crataegus mollis is a deciduous Tree growing to 9 m (29ft) by 12 m (39ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from May to June, and the seeds ripen in September. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerate strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: TeaFruit - raw or cooked[22, 46, 62, 101, 183]. Sub-acid, dry and mealy[82, 227]. The fruit is also used for making jellies and preserves[61, 95, 183]. Fairly large, it is about 20 - 25mm in diameter[200], with a thick flesh[229]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K]. A tea-like beverage can be made from the twigs[257].

tcanta Hedge HedgeThe plant is tolerant of being trimmed and will even resprout if cut back into very old wood. It can be used as a hedge[50]. Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta Eastern and Central N. America - Ontario to Alabama, west to Oklahoma. ksacta Open woods, usually in alluvial or fertile soils[43]. Frequently found in limestone soils[229].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta Landscape Uses:Espalier, Pollard, Specimen, Street tree. A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. A very hardy plant, tolerating temperatures down to at least -18°c[202]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. A very ornamental plant[11], the branches are almost thornless[229]. A rather variable species, it has been separated into several different species by some botanists[82]. This species is much confused with C. chrysocarpa[11] and with C. coccinea[50]. It is very closely related to C. submollis, differing in having 20 stamens to a flower (as compared to 10 in C. submollis)[202]. Special Features: North American native, Attractive flowers or blooms. The plant is heat tolerant in zones 6 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a standard with a nonsuckering single trunk [1-2]. The root pattern is a tap root similar to a carrot going directly down [1-2].

#### Mentha x villosa alopecuroides 4.2.40

Apple Mint, Bowles' Mint

4 tlin 8 cyuc 4 kcak 3 tcan 2 dwat 0.6 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Mentha x villosa alopecuroides is a PERENNIAL growing to 0.6 m (2ft) by 1 m (3ft 3in). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from August to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista Although no records of toxicity have been seen for this species, large quantities of some members of this genus, especially when taken in the form of the extracted essential oil, can cause abortions so some caution is advised.

kcakta Edible Parts: LeavesEdible Uses: Condiment TeaLeaves - raw or cooked[14]. A strong spearmint flavour, they are used as a flavouring in salads or cooked foods[183], this is also the main species that is used to make mint sauce. A herb tea is made from the fresh or dried leaves[21, 183].

tcanta Essential Repellent StrewingAn essential oil is obtained from the whole plant. The plant repels insects and was formerly used as a strewing herb[14, 18, 20]. Rats and mice intensely dislike the smell of mint. The plant was therefore used in homes as a strewing herb and has also been spread in granaries to keep the rodents off the grain[244]. dwatta Antiseptic Carminative FebrifugeApple mint, like

many other members of this genus, is often used as a domestic herbal remedy, being valued especially for its antiseptic properties and its beneficial effect on the digestion. Like other members of the genus, it is best not used by pregnant women because large doses can cause an abortion. A tea made from the leaves of most mint species has traditionally been used in the treatment of fevers, headaches, digestive disorders and various minor ailments[222]. The leaves are harvested as the plant comes into flower and can be dried for later use[238]. The essential oil in the leaves is antiseptic, though it is toxic in large doses[222]. nrakta Central and southern Europe, including Britain,

Mediterranean region, Azores.. ksacta Roadsides and in ditches in the S. and W. of England[5, 17]. Probably a hybrid, M. spicata x M. suaveolens.

propta  $\ensuremath{\mathsf{Seed}}$  - sow spring in a cold frame. Germination is usually fairly quick. Prick out the seedlings into individual pots when they are large enough to handle and plant them out in the summer. Mentha species are very prone to hybridisation and so the seed cannot be relied on to breed true. Even without hybridisation, seedlings will not be uniform and so the content of medicinal oils etc will vary. When growing

plants with a particular aroma it is best to propagate them by division[K]. Division can be easily carried out at almost any time of the year, though it is probably best done in the spring or autumn to allow the plant to establish more quickly. Virtually any part of the root is capable of growing into a new plant. Larger divisions can be planted out direct into their permanent positions. However, for maximum increase it is possible to divide the roots up into sections no more than 3cm long and pot these up in light shade in a cold frame. They will quickly become established and can be planted out in the summer. nwatta A very easily grown plant, it succeeds in most

soils and situations so long as the soil is not too dry[1, 200]. Grows well in heavy clay soils. Prefers a slightly acid soil[16]. A sunny position is best for the production of essential oils, but the plant also succeeds in partial shade. Apple mint is commonly grown in the herb garden. There is at least one named variety, 'Bowles mint' is said to be a superior form and it is the form usually cultivated commercially for mint sauce. Unlike most members of the genus, this species is resistant to the disease 'rust'[238]. Most mints have fairly aggressive spreading roots and, unless you have the space to let them roam, they need to be restrained by some means such as planting them in containers that are buried in the soil[K]. Hybridizes freely with other members of this genus. The whole plant has a strong aroma of spearmint. The flowers are very attractive to bees and butterflies[24]. A good companion for growing near cabbages and tomatoes, helping to keep them free of insect pests[14, 20]. Members of this genus are rarely if ever troubled by browsing deer[233]. For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a runner spreading indefinitely by rhizomes or stolons [1-2]. The root pattern is rhizomatous with underground stems sending roots and shoots along their length [1-2]. The root pattern is stoloniferous rooting from creeping stems above the ground [1-2].

#### Hemerocallis thunbergii 4.2.41

4 tlin 8 cyuc 4 kcak 2 tcan 1 dwat 0.5 m hkuc hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Hemerocallis thunbergii is a PERENNIAL growing to 0.5 m (1ft 8in) by 0.5 m (1ft 8in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from July to August. The species is hermaphrodite (has both male and female organs). Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil. pcista Large quantities of the leaves are said to be hal-

lucinogenic. Blanching the leaves removes this hallucinatory component[205]. (This report does not make clear what it means by blanching, it could be excluding light from the growing shoots or immersing in boiling water[K].)

kcakta Edible Parts: Flowers LeavesEdible Uses: Leaves and young shoots - cooked[205]. They must be consumed when very young or else they become fibrous[K]. Flowers and flower buds-raw or cooked[105, 177]. The flowers can be dried and used as a thickener in soups etc. The flower buds contain about 43mg vitamin C per 100g, 983 IU vitamin A and 3.1% protein[205].

tcanta WeavingThe tough dried foliage is plaited into cord and used for making footwear[205]. Attractive Flowers.

dwatta Antidote Diuretic Vitamin CThe juice of the roots is an effective antidote in cases of arsenic poisoning[205]. A tea made from the boiled roots is used as a diuretic[205].

nrakta E. Asia - N. China, Japan, Korea. ksacta Mountains in C. and S. Japan[58].

propta Seed - sow in the middle of spring in a greenhouse. Germination is usually fairly rapid and good. Prick out the seedlings into individual pots when they are large enough to handle. Grow the plants on for their first winter in a greenhouse and plant out in late spring[K]. Division in spring or after flowering in late summer or autumn[200]. Division is very quick and easy, succeeding at almost any time of the year[K]. Larger clumps can be replanted direct into their permanent positions, though it is best to pot up smaller clumps and grow them on in a cold frame until they are rooting well. Plant them out in the spring.

nwatta Succeeds in most soils[1], including dry ones, preferring a rich moist soil and a sunny position[111] but tolerating partial shade[88]. Plants flower less freely in a shady position though the flowers can last longer in such a position[205]. Grows well in heavy clay soils. Succeeds in short grass if the soil is moist[1]. Prefers a pH between 6 and 7[200]. Hybridizes freely with other members of this genus[200]. Plants take a year or two to become established after being moved[200]. They increase by means of runners[205] and form loose spreading clumps[K]. The roots are not swollen[233]. Plants seem to be immune to the predations of rabbits[233]. The plants are very susceptible to slug and snail damage, the young growth in spring is especially at risk[200]. The fragrant flowers are very short-lived, they open in the late afternoon and die in the morning[200, 205]. However, plants produce a succession of flowers for several weeks of the summer, each scape carrying between 4 and 20 blooms[205].

#### 4.2.42 Sorbus aria

Whitebeam, Chess-apple

4 tlin 8 cyuc 3 kcak 4 tcan 1 dwat 12 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli frusflatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Sorbus aria is a deciduous Tree growing to 12  $\mbox{m}$ (39ft) by 8 m (26ft). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from May to June, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very acid and very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerate maritime exposure. It can tolerate atmospheric pollution. pcista The seeds probably contain hydrogen cyanide.

This is the ingredient that gives almonds their characteristic flavour. Unless the seed is very bitter it should be perfectly safe in reasonable quantities. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked and used in preserves etc. The fruit is usually bletted if it is going to be eaten raw[2, 3, 5, 105, 115, 183]. This involves storing the fruit in a cool dry place until it is almost but not quite going rotten. At this stage the fruit has a delicious taste, somewhat like a luscious tropical fruit[K]. Fruit from some trees has a pleasant mild flavour and a mealy texture, we like eating small quantities of it. The fruit can also be dried and ground into a powder and mixed with cereals such as wheat [2, 46, 66]. The fruit is about 10 - 12mm across [200].

tcanta Pioneer Shelterbelt WoodVery tolerant of exposed maritime conditions, it makes a good windbreak tree near the coast[75, 200]. A useful pioneer species, especially on chalky soils and in windy situations[186, K]. Wood - hard, heavy, close grained. Used for beams etc[11, 115]

dwatta Diuretic Emmenagogue LaxativeBoth the flowers and the fruit are mildly diuretic, laxative and emmenagogue[9]. An infusion is used in the treatment of painful menstruation, constipation and kidney disorders[9].

nrakta Central and S. Europe, from Britain and France to Spain, east to Macedonia and Transylvania. ksacta Woods and scrub, usually on chalk or limestone[3, 9, 13, 17].

propta Seed - best sown as soon as it is ripe in a cold frame[78, 80]. If you have sufficient seed it can be sown in an outdoor seedbed[78, 80]. Stored seed germinates better if given 2 weeks warm then 14 - 16 weeks cold stratification[98], so sow it as early in the year as possible. Prick out the seedlings into individual pots when they are large enough to handle. Seedlings are very slow to put on top-growth for their first year or two[11], but they are busy building up a good root system. It is best to keep them in pots in a cold frame for their first winter and then plant them out into their permanent positions in late spring.

nwatta Succeeds in most reasonably good soils in an open sunny position[11]. Tolerates acid sands and thin chalky soils[98, 200]. Does well on heavy clays[200]. Tolerates light shade[188], though it fruits better in a sunny position[K]. Very tolerant of atmospheric pollution and of exposed maritime positions[186]. The whitebeam is one of the first colonizers of chalk scrub[186]. As well as being a good pioneer species for this situation, it will often survive through the development to woodland[186]. There are several named varieties selected for their ornamental value[188]. Trees cast a fairly dense shade when mature[186]. Regenerating well after cutting, it is suitable for coppicing[186]. The fruit is very attractive to birds[11]. Plants are susceptible to fireblight[188]. In garden design, as well as the above-ground architecture of a plant, root structure considerations help in choosing plants that work together for their optimal soil requirements including nutrients and water. The root pattern is branching: a heart root, dividing from the crown into several primary roots going down and out [2-1].

## 4.2.43 Crataegus punctata

Dotted Hawthorn

4 tlin 8 cyuc 3 kcak 2 tcan 2 dwat 10 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus punctata is a deciduous Tree growing to 10 m (32ft 10in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower in June, and the seeds ripen in October. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution. kcakta Edible Parts: FruitEdible Uses: Fruit - raw or

cooked[159]. Eaten out of hand or made into jellies, preserves etc[177, 183]. A good size, about 25mm in diameter, and borne in small clusters[200]. Ripening in October, it is quite apple-like in texture and appearance, making a good dessert fruit[K]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K]. tcanta MiscellanyWood - heavy, hard, tough, close-

grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic Hypotensive MiscellanyA compound decoction of the shoots and bark has been used to stop menstrual flow[257]. Although no other specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta Eastern N. America - Quebec to Georgia, west to Minnesota and Oklahoma. ksacta Open rocky ground, thickets and pasture[43]. Rich hillsides[82].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a welldrained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. A very ornamental plant[1], it grows very well in Britain, flowering and fruiting abundantly[11]. There are some named varieties selected for their ornamental value[200]. 'Ohio Pioneer' is a thornless form growing about 8 metres tall[200]. The plant is heat tolerant in zones 7 through 5. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a standard with a non-suckering single trunk [1-2]. The root pattern is a tap root similar to a

#### 4.2.44 Malus sylvestris

carrot going directly down [1-2].

Crab Apple, European crab apple 4 tlin 8 cyuc 3 kcak 0 tcan 2 dwat 10 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Malus sylvestris is a deciduous Tree growing to 10 m (32ft 10in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower in May, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista All members of this genus contain the toxin hydrogen cyanide in their seeds and possibly also in their leaves, but not in their fruits. Hydrogen cyanide is the substance that gives almonds their characteristic taste but it should only be consumed in very small quantities. Apple seeds do not normally contain very high quantities of hydrogen cyanide but, even so, should not be consumed in very large quantities. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: Fruit OilEdible Uses: Oil Pectin Pectin TeaFruit - raw or cooked[9, 15]. Used for jellies, preserves and juices[183]. The flavour improves considerably if the fruit is not harvested until it has been frosted[12]. The fruit is quite variable in size (it is about 2 - 4cm in diameter[200]) and quality. Whilst usually harsh and acid, some

forms are quite sweet and can be eaten out of hand[K]. The fruit is rich in pectin and can be used in helping other fruits to set when making jam etc[61, 142]. Pectin is also said to protect the body against radiation[201]. An edible oil can be obtained from the seed[4]. It would only really be viable to use these seeds as an oil source if the fruit was being used for some purpose such as making cider and then the seeds could be extracted from the remaining pulp[K]. A very pleasant tea can be made from the leaves[7].

tcanta Dye Fuel Oil Pectin PectinThe fruit is a source of pectin[61, 142]. Pectin is used as a thickener in jams etc and as a culture medium in laboratories. A red to yellow dye is obtained from the bark[257]. The wood is an excellent fuel[67].

dwatta Anthelmintic Antibacterial Astringent Hypnotic Laxative RefrigerantThe fruit is astringent and laxative[4, 9]. The crushed fruit pulp can be used as a poultice to heal inflammations or small flesh wounds[7]. The fruit is eaten to obviate constipation[240]. The bark, and especially the root bark, is anthelmintic, refrigerant and soporific[218, 240]. An infusion is used in the treatment of intermittent, remittent and bilious fevers[4, 240]. The leaves contain up to 2.4% of an antibacterial substance called 'florin'[240]. This inhibits the growth of a number of gram-positive and gram-negative bacteria in as low a concentration as 30 ppm[240].

nrakta Europe, including Britain, from Scandanavia south and east to Spain, Greece and S.W. Asia. ksacta Woods, scrub and hedges, especially in oak woods, on neutral to calcareous soils[9, 17, 200].

propta Seed - best sown as soon as it is ripe in the autumn in a cold frame. It usually germinates in late winters Stored seed requires stratification for 3 months at 1°c and should be sown in a cold frame as soon as it is received[200]. It might not germinate for 12 months or more. Prick out the seedlings into individual pots as soon as they are large enough to handle. If given a rich compost they usually grow away quickly and can be large enough to plant out in late summer, though consider giving them some protection from the cold in their first winter. Otherwise, keep them in pots in a cold frame and plant them out in late spring of the following year. Cuttings of mature wood, November in a frame[11].

nwatta An easily grown plant, it succeeds in most fertile soils, including heavy ones, preferring a moisture retentive well-drained loamy soil[1, 98, 200]. Prefers a sunny position but succeeds in partial shade though it fruits less well in such a situation[186, 200]. Fairly tolerant of cutting, it succeeds in a mixed hedgerow[186]. A parent of the cultivated apple[11], it is often used as a rootstock[50]. The fruit is a good wildlife food source, especially for birds[200]. The plant has over 90 associated insect species[24]. Hybridizes freely with other members of this genus[200]. Plants in this genus are notably susceptible to honey fungus[200].

#### 4.2.45 Malus floribunda

Japanese Crab, Japanese flowering crab apple 4 tlin 7 cyuc 3 kcak 0 tcan 0 dwat 10 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Malus floribunda is a deciduous Tree growing to  $10\ m\ (32ft)\ by\ 10\ m\ (32ft)\ at\ a\ medium\ rate.$  See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from April to May. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista All members of this genus contain the toxin hydrogen cyanide in their seeds and possibly also in their leaves, but not in their fruits. Hydrogen cyanide is the substance that gives almonds their characteristic taste but it should only be consumed in very small quantities. Apple seeds do not normally contain very high quantities of hydrogen cyanide but, even so, should not be consumed in very large quantities. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[105]. Up to 1cm in diameter[200]. It tastes like a soft fruit. Acid but nice, about the size of a large blackcurrant[K].

nrakta E. Asia - Japan? Probably not a truly wild species but a hybrid M. sieboldii x M. baccata or M. prun ksacta Not known in the wild.

propta Seed - best sown as soon as it is ripe in the autumn in a cold frame. It usually germinates in late winter. Stored seed requires stratification for 3 months at 1°c and should be sown in a cold frame as soon as it is received[200]. It might not germinate for 12 months or more. Prick out the seedlings into individual pots as soon as they are large enough to handle. If given a rich compost they usually grow away quickly and can be large enough to plant out in late summer, though consider giving them some protection from the cold in their first winter. Otherwise, keep them in pots in a cold frame and plant them out in late spring of the following year. Cuttings of mature wood, November in a frame[11].

nwatta Landscape Uses:Border, Espalier, Pest tolerant, Standard, Specimen, Street tree. An easily grown plant, it succeeds in most fertile soils, preferring a moisture retentive well-drained loamy soil[1, 200]. Grows well in heavy clay soils. Prefers a sunny position but succeeds in partial shade, though it fruits less well in such a situation[200]. A very ornamental plant[1], the fruit is a good wildlife food source, especially for birds[200]. Hybridizes freely with other members of this genus[200]. The tree is a very good pollinator for the apple orchard[200]. Plants in this genus are notably susceptible to honey fungus[200]. Special Features:Not North American native, Fragrant flowers, Attractive flowers or blooms.

## 4.2.46 Juniperus communis

Juniper, Common juniper

4 tlin 10 cyuc 3 kcak 4 tcan 3 dwat 9 m hkuc hmimhtut cyutli hgatkyuctcup hwicli hyishrasjlutnyikfrip

hmimhtut cyutli hgatkyuctcup hwicli hyishrasjlutnyikfr hpa7tli frusflatpriklwisslip hpa7tmwatli nyanhjen hjonli

drutta Juniperus communis is an evergreen Shrub growing to 9 m (29ft) by 4 m (13ft) at a slow rate. See above for USDA hardiness. It is hardy to UK zone 2 and is not frost tender. It is in leaf all year, in flower from May to June, and the seeds ripen in October. The species is dioecious (individual flowers are either male or female, but only one sex is to be found on any one plant so both male and female plants must be grown if seed is required). and is pollinated by Wind. The plant is not self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very acid and very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil and can tolerate drought. The plant can tolerate maritime exposure.

pcista Although the fruit of this plant is quite often used medicinally and as a flavouring in various foods and drinks, large doses of the fruit can cause renal damage. Juniper should not be used internally in any quantities by pregnant women[65, 165]. Diarrhoea with repeated use. Avoid in kidney disease. Do not use internally for more than 6 weeks [301].

kcakta Edible Parts: Fruit Leaves SeedEdible Uses: Coffee Condiment TeaFruit - raw or cooked[2, 5, 9, 15]. It is usually harvested in the autumn when fully ripe and then dried for later use[12]. A soft, mealy, sweet, resinous flesh[82]. The fruit is often used as a flavouring in sauerkraut, stuffings, vegetable pates etc, and is an essential ingredient of gin[183]. The aromatic fruit is used as a pepper substitute according to one report[183]. An essential oil is sometimes distilled from the fruit to be used as a flavouring[183]. Average yields are around 1%[7]. The cones are about 4 - 8mm in diameter and take 2 - 3 years to mature[82, 200]. Some caution is advised when using the fruit, see the notes above on toxicity. The roasted seed is a coffee substitute[177]. A tea is made by boiling the leaves and stems[161]. A tea made from the berries has a spicy gin-like flavour[183].

tcanta Fibre Fuel Hair Incense Repellent Resin Strewing TinderA decoction of the branches is used as an anti-dandruff shampoo[172]. The essential oil distilled from the fruits is used in perfumes with spicy fragrances[238]. In hot countries the tree yields the resin 'Sandarac' from incisions in the trunk[4, 74]. This is used in the production of a white varnish[74]. The stems were at one time used as a strewing herb to sweeten the smell of rooms[14, 244]. The whole plant can be burnt as an incense and fumigant[66, 102, 146]. It was used during epidemics in the belief that it would purify the air and cleanse it of infection[244]. Fresh or dried juniper branches also make a good insect repellent[102, 172]. Many forms of this species are good ground cover plants for sunny situations[208]. Forms to try include 'Depressa Aurea', 'Dumosa', 'Effusa', and 'Repanda'[197]. 'Prostrata' can also be used[188]. The bark is used as cordage[61] and as a tinder[172]. Wood - strong, hard, fragrant, very durable in contact with the soil and very close-grained, but usually too small to be of much use[82, 229, 244, 245]. It makes an excellent fuel[66].

Diaphoretic Diuretic Rubefacient Stomachic Tonic Urinary Juniper fruits are commonly used in herbal medicine, as a household remedy, and also in some commercial preparations. They are especially useful in the treatment of digestive disorders plus kidney and bladder problems[4]. The fully ripe fruits are strongly antiseptic, aromatic, carminative, diaphoretic, strongly diuretic, rubefacient, stomachic and tonic[4, 7, 9, 21, 46, 165, 240, 254]. They are used in the treatment of cystitis, digestive problems, chronic arthritis, gout and rheumatic conditions[254]. They can be eaten raw or used in a tea[222], but some caution is advised since large doses can irritate the urinary passage[4]. Externally, it is applied as a diluted essential oil, having a slightly warming effect upon the skin and is thought to promote the removal of waste products from underlying tissues[254]. It is, therefore, helpful when applied to arthritic joints etc[254]. The fruits should not be used internally by pregnant women since this can cause an abortion[9]. The fruits also increase menstrual bleeding so should not be used by women with heavy periods[254]. When made into an ointment, they are applied to exposed wounds and prevent irritation by flies[4]. The essential oil is used in aromatherapy. Its keyword is 'Toxin elimination'[210].

nrakta Northern temperate zone, incl Britain, south to the mountains of N. Africa, Himalayas and California ksacta Chalk downs in S. England but only where there is least sunshine and most rain, heaths, moors, pine and birch woods in the north of Scotland on acid peat, often dominant on chalk, limestone and slate.

propta The seed requires a period of cold stratification. The seed has a hard seedcoat and can be very slow to germinate, requiring a cold period followed by a warm period and then another cold spell, each of 2 - 3 months duration[78, 81]. Soaking the seed for 3 - 6 seconds in boiling water may speed up the germination process[11]. The seed is best sown as soon as it is ripe in a cold frame. Some might germinate in the following spring, though most will take another year. Another possibility is to harvest the seed 'green' (when the embryo has fully formed but before the seedcoat has hardened). The seedlings can be potted up into individual pots when they are large enough to handle. Grow on in pots until large enough, then plant out in early summer. When stored dry, the seed can remain viable for several years[1]. Cuttings of mature wood, 5 - 10cm with a heel, September/October in a cold frame. Plant out in the following autumn[1, 78]. Layering in September/October. Takes 12 months[78].

nwatta Landscape Uses:Specimen. An easily grown plant, it succeeds in hot dry soils and in poor soils. Succeeds in most soils so long as they are well drained[186], preferring a neutral or slightly alkaline soil. Does well in chalky soils[1]. Grows well in heavy clay soils. Tolerates a pH range from 4 to 8[186]. Succeeds in light woodland but dislikes heavy shade[186]. Established plants are very tolerant of drought[186]. Although the fully dormant plant is cold-tolerant throughout Britain, the young growth in spring can be damaged by late frosts. All parts of the plant are very aromatic[245]. Juniper is a very polymorphic species that has a long history of culinary and medicinal use[244]. It is frequently grown in the ornamental and herb garden, there is a huge range of cultivars of widely diverse habits[11, 81]. At least some forms tolerate maritime exposure[186], there is a thriving colony in an exposed position at Land's End in Cornwall[81]. The fruits take 2 - 3 years to ripen on the plant[11]. Plants are usually very slow growing, often only a few centimetres a year[186]. Resists honey fungus[88]. Plants are sometimes attacked by a rust, this fungus has an aecidial stage on hawthorn (Crataegus spp.)[1]. Dioecious. Male and female plants must be grown if seed is required. Special Features: North American native, Fragrant foliage, Inconspicuous flowers or blooms.

## 4.2.47 Crataegus opaca

Western Mayhaw

atmospheric pollution.

4 tlin 8 cyuc 3 kcak 3 tcan 2 dwat 9 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli

frusflatpriklwis hpa7tmwatli xre7t hjonli

drutta Crataegus opaca is a deciduous Shrub growing to 9 m (29ft 6in) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower in March, and the seeds ripen from May to June. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very acid soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerate strong winds but not maritime exposure. It can tolerate

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[160]. Juicy and acid with a pleasant flavour[2]. It is up to 2cm in diameter[227]. The fruit is frequently used and much prized in parts of southern N. America where it is often gathered in quantity from the wild. Its acid flavour makes it a favourite for preserves and jellies[82, 183, 227]. The fruit can also be dried for later use. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard and strong, but not large enough for commercial use[227]. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta Southern N. America - North Carolina to Mississippi. ksacta Deep depressions filled with water for most of the year, borders of swamps, low river banks etc[82].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate [78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. It thrives in acid soils[160]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semishade though fruit yields and quality will be lower in such

a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. A very hardy species, tolerating temperatures down to about -30°c[160]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. Occasionally cultivated for its fruit in America, there are some named varieties[183].

# 4.2.48 Malus spectabilis

Chinese Flowering Apple, Asiatic apple 4 tlin 8 cyuc 3 kcak 0 tcan 0 dwat 9 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Malus spectabilis is a deciduous Tree growing to 9 m (29ft) by 9 m (29ft). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from April to May, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista All members of this genus contain the toxin hydrogen cyanide in their seeds and possibly also in their leaves, but not in their fruits. Hydrogen cyanide is the substance that gives almonds their characteristic taste but it should only be consumed in very small quantities. Apple seeds do not normally contain very high quantities of hydrogen cyanide but, even so, should not be consumed in very large quantities. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[2, 105]. About 2 - 3 cm in diameter[200]. Bitter and harsh when eaten fresh[11], when stored in a cool dry place and allowed to blett it becomes quite acceptable[K].

nrakta E. Asia - China. ksacta Plains and mountain regions at elevations of 500 - 2000 metres[266].

propta Seed - best sown as soon as it is ripe in the autumn in a cold frame. It usually germinates in late winter. Stored seed requires stratification for 3 months at 1°c and should be sown in a cold frame as soon as it is received[200]. It might not germinate for 12 months or more. Prick out the seedlings into individual pots as soon as they are large enough to handle. If given a rich compost they usually grow away quickly and can be large enough to plant out in late summer, though consider giving them some protection from the cold in their first winter. Otherwise, keep them in pots in a cold frame and plant them out in late spring of the following year. Cuttings of mature wood, November in a frame[11].

nwatta An easily grown plant, it succeeds in most fertile soils, preferring a moisture retentive well-drained loamy soil[1, 200]. Grows well in heavy clay soils. Prefers a sunny position but succeeds in partial shade, though it fruits less well in such a situation[200]. A very ornamental tree[1], it is much cultivated in China for its edible fruit[11]. The fruit is a good wildlife food source, especially for birds[200]. Hybridizes freely with other members of this genus[200]. Plants in this genus are notably susceptible to honey fungus[200].

## 4.2.49 Pyrus pashia

Indian Wild Pear

4 tlin 8 cyuc 3 kcak 0 tcan 1 dwat 9 m hkuc hmimhtut cyutli hgattcup hwicli hrasjlutnyikfrip hpa7tli flat-

priklwis hpa7tmwatli xre7t hjonli

drutta Pyrus pashia is a deciduous Tree growing to 9 m (29ft 6in). See above for USDA hardiness. It is hardy to

UK zone 5 and is not frost tender. It is in flower in April. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semishade (light woodland) or no shade. It prefers moist soil and can tolerate drought. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[2, 11, 51, 105, 158, 272]. Up to 2.5cm in diameter[194]. The fruit is usually bletted[183], but even then it is not sweet[146]. Tasty when fully ripe, even when dried[194]. Our experience is that the fully ripe fruit has a reasonable flavour and, when bletted, is sweet and very pleasant[K]. A mature tree yields about 45kg of fruit per year[194]. The fruit contains about 6.8% sugars, 3.7% protein, 1% ash, 0.4% pectin. Vitamin C is very low, about 1.2mg per 100g[194].

tcanta Rootstock WoodThis plant can be used as a rootstock for the cultivated pear[194]. Wood - compact fine grained, hard, durable, liable to split and warp during seasoning. Used for small implements, walking sticks and fuel[51, 158, 266].

dwatta AstringentThe juice of the ripe fruit is used in the treatment of diarrhoea[272].

nrakta E. Asia - Afghanistan to W. China. ksacta Shrubberies in the Himalayas to 2700 metres[51].

propta Seed - best sown in a cold frame as soon as it is ripe in the autumn, it will then usually germinate in mid to late winter. Stored seed requires 8 - 10 weeks cold stratification at 1°c and should be sown as early in the year as possible[200]. Temperatures over 15 - 20°c induce a secondary dormancy in the seed[200]. Prick out the seedlings into individual pots when they are large enough to handle and grow them on in light shade in a cold frame or greenhouse for their first year. Plant them out in late spring or early summer of the following year.

nwatta Prefers a good well-drained loam in full sun[200]. Grows well in heavy clay soils. Tolerates light shade but does not fruit so well in such a position. Tolerates atmospheric pollution, excessive moisture and a range of soil types if they are moderately fertile[200]. Established plants are drought tolerant[200]. Plants are hardy to at least -15°c[200].

### 4.2.50 Malus sieversii

Crabapple

4 tlin 10 cyuc 3 kcak 0 tcan 0 dwat 8 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Malus sieversii is a deciduous Tree growing to 8 m (26ft 3in). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower in May, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista All members of this genus contain the toxin hydrogen cyanide in their seeds and possibly also in their leaves, but not in their fruits. Hydrogen cyanide is the substance that gives almonds their characteristic taste but it should only be consumed in very small quantities. Apple seeds do not normally contain very high quantities of hydrogen cyanide but, even so, should not be consumed in very large quantities. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or

cooked. Large and well-flavoured[74]. The fruit is usually between 3 - 5cm in diameter, though it can be up to 7cm[266]. nrakta C. Asia - western Tibet to Kazakhstan and Russia.. ksacta Mountain forests and slopes, streamsides in mountain valleys[74]. Mountain summits, slopes and valleys, often the dominant tree of forests, at elevations of 1200 - 1300 metres in Tibet[266]. propta Seed - best sown as soon as it is ripe in the autumn in a cold frame. It usually germinates in late winter. Stored seed requires stratification for 3 months at 1°c and should be sown in a cold frame as soon as it is received[200]. It might not germinate for 12 months or more. Prick out the seedlings into individual pots as soon as they are large enough to handle. If given a rich compost they usually grow away quickly and can be large enough to plant out in late summer, though consider giving them some protection from the cold in their first winter. Otherwise, keep them in pots in a cold frame and plant them out in late spring of the following year. Cuttings of mature wood, November in a frame[11]. nwatta An easily grown plant, it succeeds in most fer-

tile soils, preferring a moisture retentive well-drained loamy soil[1, 200]. Grows well in heavy clay soils. Prefers a sunny position but succeeds in partial shade though it fruits less well in such a situation[1, 200]. This species is vulnerable to extinction because of its limited range and exploitation[266]. It is believed to be the principal ancestor of commercially grown apples[266]. A parent of the cultivated apple[11], the large well-flavoured fruit is possibly of economic interest[74]. The fruit is a good wildlife food source, especially for birds[200]. Hybridizes freely with other members of this genus[200]. Plants in this genus are notably susceptible to honey fungus[200]. In garden design, as well as the aboveground architecture of a plant, root structure considerations help in choosing plants that work together for their optimal soil requirements including nutrients and water. The root pattern is branching: a heart root, dividing from the crown into several primary roots going down and out [2-1].

#### 4.2.51 Amelanchier asiatica

Korean Juneberry

4 tlin 8 cyuc 3 kcak 0 tcan 0 dwat 8 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Amelanchier asiatica is a deciduous Tree growing to 8 m (26ft) by 10 m (32ft). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower in May, and the seeds ripen from July to August. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: FruitEdible Uses: Edible fruit, raw or cooked[3, 105, 177]. Of good quality[183], the fruit is sweet and juicy, contains a few small seeds at the centre and has a hint of apple in the flavour[K]. The fruit is rich in iron and copper[226]. The fruit is up to 15mm in diameter[266].

nrakta E. Asia - China, Japan, Korea. ksacta Hilly and mountainous regions[58]. On slopes by streams, mixed forests at elevations of 1000 - 2000 metres[266].

propta Seed - it is best harvested 'green', when the seed is fully formed but before the seed coat has hardened, and then sown immediately in pots outdoors or in a cold frame. If stored seed is obtained early enough in the autumn, it can be given 4 weeks warm stratification before being left out in the winter and it should then germinate in the spring. Otherwise seed can be very slow to germinate, perhaps taking 18 months or more. When large enough to handle, prick the seedlings out into individual pots and grow them on in a sheltered outdoor position, planting them out once they are 20cm or more tall. If there is sufficient seed it is best to sow it thinly in an outdoor seedbed[78, 80]. Grow the seedlings on for two years in the seedbed before planting them out into their permanent positions during the winter. Layering in spring-takes 18 months[78]. Division of suckers in late winter. The suckers need to have been growing for 2 years before you dig them up, otherwise they will not have formed roots. They can be planted out straight into their permanent positions if re-

nwatta Prefers a rich loamy soil in a sunny position or semi-shade[1, 200] but thrives in any soil, including chalk, so long as it is not too dry or water-logged[11, 200]. Plants succeed in quite shady positions but do not flower or fruit well there[K]. Grows well in heavy clay soils. All members of this genus have edible fruits and, whilst this is dry and uninteresting in some species, in many others it is sweet and

juicy. Many of the species have potential for use in the garden as edible ornamentals. The main draw-back to this genus is that birds adore the fruit and will often completely strip a tree before it is fully ripe[K]. A very ornamental plant[1], it is closely allied to A. canadensis and A. laevis, and is also very similar to A. arborea[11]. The sub-species A. asiatica sinica C. Schneid. is found in China. It has smaller fruits than the type species[200]. Hybridizes freely with other members of this genus[200]. Grafting onto seedlings of A. lamarckii or Sorbus aucuparia is sometimes practised in order to avoid the potential problem of hybridizing[1].

#### 4.2.52Crataegus pedicellata glo-

Scarlet Haw

4 tlin 8 cyuc 3 kcak 3 tcan 2 dwat 7 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus pedicellata gloriosa is a deciduous Shrub growing to 7 m (23ft) by 7 m (23ft). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from April to May, and the seeds ripen in October. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[K]. Up to 2cm long and pear shaped[11]. The fruit can be used in making pies, preserves, etc, and can also be dried for later use. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta Eastern N. America - New York. ksacta Not known

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a welldrained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A posi-

tion in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Plants are hardy to at least -18°c[202]. This sub-species has larger fruits than the type[11]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11].

#### 4.2.53 Malus coronaria

Garland Crab, Sweet crab apple 4 tlin 8 cyuc 3 kcak 0 tcan 1 dwat 7 m hkuc hmimhtut cyutli tcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Malus coronaria is a deciduous Tree growing to 7 m (23ft) by 7 m (23ft). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from May to June, and the seeds ripen from October to November. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil.

pcista All members of this genus contain the toxin hydrogen cyanide in their seeds and possibly also in their leaves, but not in their fruits. Hydrogen cyanide is the substance that gives almonds their characteristic taste but it should only be consumed in very small quantities. Apple seeds do not normally contain very high quantities of hydrogen cyanide but, even so, should not be consumed in very large quantities. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: FruitEdible Uses: PectinFruit - raw or cooked[159, 161]. Fairly large, it is up to 5cm in diameter[200]. Harsh and acid[11], it is mainly used for jellies[183] but can be eaten raw when it is fully ripe[101]. The fruits can be buried in the ground overwinter and will have lost much of their acidity by the spring[183]. The fruit can also be dried and stored for later use[257]. Rich in pectin, so it can be added to pectin-low fruits when making jams or jellies[226]. Pectin is also said to protect the body against radiation[201].

tcanta Pectin Rootstock WoodThe plant can be used as a rootstock for cultivated apples, conferring a greater hardiness[226]. Wood - heavy, close-grained, not strong[46, 82, 229]. It weighs 43lb per cubic foot[235]. Used for making levers, the handles of tools, small domestic items and fuel[46,

dwatta Abortifacient Astringent Birthing aid Emmenagogue Lithontripic OphthalmicAn infusion of the bark has been used to ease a difficult birth and also in the treatment of gallstones, piles and as a wash for sore mouths[257]. A cold infusion of the bark has been used as a wash for black eyes, sore eyes and snow blindness[257]. A decoction of the root has been used to treat suppressed menses and so can cause an abortion, especially early in the pregnancy[257].

nrakta Eastern N. America - New York to South Carolina, west to Kansas. ksacta Bottoms, wooded slopes, thickets and clearings[43] in most soil types and moisture levels[159].

propta Seed - best sown as soon as it is ripe in the autumn in a cold frame. It usually germinates in late winter. Stored seed requires stratification for 3 months at 1°c and should be sown in a cold frame as soon as it is received[200]. It might not germinate for 12 months or more. Prick out the seedlings into individual pots as soon as they are large enough to handle. If given a rich compost they usually grow away quickly and can be large enough to plant out in late summer, though consider giving them some protection from the cold in their first winter. Otherwise, keep them in pots in a cold frame and plant them out in late spring of the following year. Cuttings of mature wood, November in a frame[11].

nwatta An easily grown plant, it succeeds in most fertile soils, preferring a moisture retentive well-drained loamy soil[1, 200]. Grows well in heavy clay soils. Prefers a sunny position but succeeds in partial shade, though it fruits less well in such a situation[200]. A slow-growing and shortlived tree in the wild[229]. The fruit is a good wildlife food source, especially for birds[200]. The flowers are sweetly scented[245]. This species is closely related to M. ionensis[1]. Plants in this genus are notably susceptible to honey fungus[200].

#### 4.2.54Crataegus flabellata

Fanleaf hawthorn

4 tlin 8 cyuc 3 kcak 3 tcan 2 dwat 6 m hkuc

hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus flabellata is a deciduous Shrub growing to 6 m (19ft 8in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. A sweet but very soft and mealy flesh, it makes an acceptable dessert fruit[K]. The fruit can be used in making pies, preserves, etc, and can also be dried for later use. The fruit is up to 15mm long and 8mm wide, it is borne in small clusters[82, 229]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta Eastern N. America - Quebec to South Carolina, west to Louisiana. ksacta Thickets and open woods[204].Dry open places, borders of woods and the margins of high banks of streams[82].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a welldrained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. A tree at Kew in September 1993 was fruiting heavily[K].

#### 4.2.55Crataegus rotundifolia

4 tlin 8 cyuc 3 kcak 0 tcan 2 dwat 6 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus rotundifolia is a deciduous Tree growing to 6 m (19ft) by 4 m (13ft). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower in June, and the seeds ripen in September. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. A fair size fruit, to 15mm in diameter, with a reasonable sweet mealy taste, though when not fully ripe there is a distinct bitterness[K]. It makes an acceptable dessert fruit[K]. The fruit can be used in making pies, preserves, etc, and can also be dried for later use. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta Eastern N. America. ksacta Not known

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a welldrained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. A tree bearing this name at Kew in September 1993 was fruiting abundantly[K]. There is some confusion over the correct name of this species. C. rotundifolia Moench. is said to be a synonym for C. chrysocarpa phoenicea, C. rotundifolia Borckh. is a synonym of C. chrysocarpa. There is also a C. rotundifolia Lam, which is a synonym of Amelanchier rotundifolia[200].

# 4.2.56 Crataegus coccinoides

Kansas Hawthorn

4 tlin 8 cyuc 3 kcak 0 tcan 2 dwat 6 m hkuc hmimhtut cyutli hgatkyuctcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus coccinoides is a deciduous Tree growing to 6 m (19ft 8in). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower in May. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[2, 177]. Firm and sub-acid[82]. The fruit can be used in making pies, preserves, etc, and can also be dried for later use. The fruit is borne in small clusters and is up to 17mm in diameter[229]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K]. tcanta Wood - heavy, hard, tough, close-grained. Useful

for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific

mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta Central N. America - Illinois and Missouri to Kansas, Oklahoma and Arkansas. ksacta Dry thickets and calcareous hills[43].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to

pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a welldrained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Hybridizes freely with other members of this genus[200]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11].

# 4.2.57 Crataegus pruinosa

Frosted Hawthorn, Waxyfruit hawthorn 4 tlin 8 cyuc 3 kcak 0 tcan 2 dwat 6 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus pruinosa is a deciduous Tree growing to 6 m (19ft 8in). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower in May, and the seeds ripen in October. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[105, 161, 177]. The flesh is thick[82]. A sweet yellow flesh[200]. The fruit can be used in making pies, preserves, etc, and can also be dried for later use[257]. The fruit is about 1cm in diameter[200]. The fruit is up to 16mm in diameter with a thin flesh[229]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta North-eastern N. America - Newfoundland to North Carolina, west to Wisconsin and Oklahoma. ksacta Thickets and rocky ground[43] in open woods[235]. Slopes of low hills, often in limestone soils[82].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting

the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11].

# 4.2.58 Crataegus altaica

Altai Mountain Thorn

4 tlin 8 cyuc 3 kcak 0 tcan 2 dwat 6 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Crataegus altaica is a deciduous Tree growing to 6 m (19ft) by 4 m (13ft). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerate strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Fruit - raw or cooked. About 8mm in diameter, the fruit is yellow with a fairly dry mealy texture and a pleasantly sweet flesh[K]. The fruit can also be used in making pies, preserves, etc, and can also be dried for later use. The fruit ripens in August, making it one of the earliest ripening hawthorns[K]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K]. tcanta Wood - heavy, hard, tough, close-grained. Useful

tcanta Wood - heavy, hard, tough, close-grained. Usefu for making tool handles, mallets and other small items[82].

dwatta Although no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta W. Asia - Altai Mountains. ksacta Not known propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up

the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a welldrained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Seedling trees take from 5 -8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. This species is closely related to C. wattiana[11]. Hawthorns in general hybridize freely with other members of the genus[200]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11].

# 4.2.59 Crataegus chrysocarpa

Fireberry Hawthorn, Red haw, Piper's hawthorn, 4 tlin 8 cyuc 3 kcak 0 tcan 2 dwat 6 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus chrysocarpa is a deciduous Tree growing to 6 m (19ft 8in). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower in May, and the seeds ripen in September. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[161, 177]. Used mainly as a famine food[257]. A very pleasant flavour when ripe, with the added bonus of ripening in late summer before most other members of the genus[K]. The fruit can be used in making pies, preserves, etc, and can also be dried for later use. It is about 1cm in diameter and borne in small clusters[200]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K]. A tea can be made from the twigs[257]. (This probably means the young shoots with leaves[K].)

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic Hypotensive LaxativeA decoction of the dried berries has been used as a mild laxative[257]. A compound decoction of the root has been used in the treatment of diarrhoea[257]. Although no other specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta North-eastern N. America - Newfoundland to Pennsylvania, west to the Rocky Mountains. ksacta Thickets and rocky ground along streams[43].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate [78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. A ten year old tree was seen at Kew Gardens in 2002. It was about 2.5 metres tall and was bearing a very good crop of fruit[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertiliza-When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Hybridizes freely with other members of this genus[200]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11].

#### 4.2.60 Crataegus laevigata

Midland Hawthorn, Smooth hawthorn, English Hawthorn 4 tlin 8 cyuc 3 kcak 5 tcan 5 dwat 6 m hkuc pcimhmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip

hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli drutta Crataegus laevigata is a deciduous Shrub grow-

ing to 6 m (19ft) by 6 m (19ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from April to May, and the seeds ripen from September to November. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in full shade (deep woodland) semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: Fruit LeavesEdible Uses: Coffee TeaFruit - raw or cooked[2, 9, 12, 183]. A dry and mealy texture, they are not very appetizing[K]. The fruit can be used for jams and preserves[9]. The fruit pulp can be dried, ground into a meal and mixed with flour in making bread etc[46, 183]. The fruit is about 1cm in diameter[200]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K]. Young leaves and young shoots -raw[5, 177]. A tasty nibble, they are nice in a salad[K]. Young leaves are a tea substitute[21, 46, 177, 183]. The roasted seed is a coffee substitute[12, 21, 183].

tcanta Charcoal Fuel Hedge Hedge Rootstock WoodA good hedge plant, it is very tolerant of neglect and is able to regenerate if cut back severely, it makes a good thorny stock-proof barrier[186] and resists very strong winds. It can be used in layered hedges[11, 29]. The plant is often used as a rootstock for several species of garden fruit such as the medlar (Mespilus germanica) and the pear (Pyrus communis sativa)[4]. Wood - very hard and tough but difficult to work[7, 46, 61]. It has a fine grain and takes a beautiful polish but is seldom large enough to be of great value[4]. It is used for tool handles and making small wooden articles etc[4, 7, 46, 61]. The wood is valued in turning and makes an excellent fuel, giving out a lot of heat, more so even than oak wood[4]. Charcoal made from the wood is said to be able to melt pig iron without the aid of a blast[4].

dwatta Antiarrhythmic Antispasmodic Astringent Cardiotonic Diuretic Hypotensive Malaria Sedative Tonic VasodilatorHawthorn is an extremely valuable medicinal herb. It is used mainly for treating disorders of the heart and circulation system, especially angina[254]. Western herbalists consider it a 'food for the heart', it increases the blood flow to the heart muscles and restores normal heart beat[254]. This effect is brought about by the presence of bioflavonoids in the fruit, these bioflavonoids are also strongly antioxidant, helping to prevent or reduce degeneration of the blood vessels[254]. The fruit is antispasmodic, cardiac, diuretic, sedative, tonic and vasodilator[4, 9, 21, 46, 165]. Both the fruits and flowers of hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222], they are also used to treat a heart muscle weakened by age, for inflammation of the heart muscle, arteriosclerosis and for nervous heart problems[21]. Prolonged use is necessary for the treatment to be efficacious[222]. It is normally used either as a tea or a tincture[222]. Hawthorn is combined with ginkgo (Ginkgo biloba) to enhance poor memory, working by improving the blood supply to the brain[254]. The bark is astringent and has been used in the treatment of malaria and other fevers[7]. The roots are said to stimulate the arteries of the heart[218].

nrakta Europe, including Britain, from Sweden to Spain, eastwards to Poland. ksacta Woods, hedges, thickets etc on clays and heavy loams, especially in E. Britain[17, 186]. Where found in hedges it is often as a relict of ancient woodland[186].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta Landscape Uses:Border, Espalier, Pollard, Specimen, Street tree. A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. A true woodland species, it grows

well in quite dense shade[17, 186]. A very hardy plant, tolerating temperatures down to at least -18°c[202]. Hybridizes freely with other members of this genus[200]. Closely allied to C. monogyna, it often hybridizes with that species in the wild when growing in its proximity[186]. There are many named forms selected for their ornamental value[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell some-what like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. An important food plant for the larvae of many lepidoptera species[30]. Special Features:Not North American native, Blooms are very showy.

# 4.2.61 Crataegus anomala

Arnold hawthorn

4 tlin 8 cyuc 3 kcak 3 tcan 2 dwat 5 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus anomala is a deciduous Shrub growing to 5 m (16ft 5in). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerate strong winds but not maritime exposure. It can tolerate atmospheric pollution.

koakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[105, 177, 235]. Juicy[43]. A very nice flavour, it makes a very good dessert fruit[K]. The fruit can also be used in making pies, preserves, etc, and can be dried for later use. The fruit is up to 20mm in diameter with a thick flesh[235]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta Eastern N. America - Quebec to New York. ksacta Rocky banks and open woods on low limestone ridges[43, 82].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but

undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Hybridizes freely with other members of this genus[200]. This species is growing in a number of botanical gardens in Britain, where it is fruiting very well[K]. Some botanists do not recognise it as a distinct species and place it as part of C. pedicellata[82]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11].

# 4.2.62 Crataegus columbiana

Columbian Hawthorn

4 tlin 8 cyuc 3 kcak 0 tcan 2 dwat 5 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus columbiana is a deciduous Tree growing to 5 m (16ft 5in). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerate strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[161, 166]. A very pleasant flavour, it is slightly mealy but juicy and can be eaten in quantity as a dessert fruit[K]. It is also used in making pies, preserves etc and can be dried for later use[161, 177]. The fruit is up to 11mm in diameter and is borne in small clusters[K]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta Western N. America - British Columbia to California, east to Idaho and Oregon. ksacta Meadows and near streams in California[71].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to

pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a welldrained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. This species is closely related to C. douglasii[71].

## 4.2.63 Sambucus racemosa

American Red Elder

4 tlin 8 cyuc 3 kcak 1 tcan 1 dwat 4 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Sambucus racemosa is a deciduous Shrub growing to 4 m (13ft 1in). See above for USDA hardiness. It is hardy to UK zone 4. It is in flower from June to July. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland)

or no shade. It prefers moist soil. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

pcista Although no specific mention has been seen for this species, the leaves and stems of some, if not all, members of this genus are poisonous[9, 76]. The fruit of many species (although no records have been seen for this species) has been known to cause stomach upsets to some people. Any toxin the fruit might contain is liable to be of very low toxicity and is destroyed when the fruit is cooked[65, 76]. NC

State University have noted Cyanogenic glycoside and alkaloids can cause low toxity if eaten.

kcakta Edible Parts: Flowers FruitEdible Uses: Fruit-raw or cooked[105, 161, 257]. A bitter flavour[183]. The fruit is quite nutritious, having a relatively high fat and protein as well as carbohydrate content[212]. The fruit can be dried prior to use, it will then lose some of its rank taste[183]. The fruit is about 5mm in diameter and is borne in large clusters making it easy to harvest[200]. Some caution is advised, see the notes above on toxicity. Flowers - raw or cooked. The root is made into a tea-like beverage[105, 161, 183].

tcanta Repellent Straw WoodThe stem is easily hollowed and can be used to make a whistle[212].

dwatta Anodyne Carminative Depurative Diaphoretic Diuretic Laxative Purgative Resolvent Vitamin C Vulnerary-The bark and the leaves are used as a diuretic and purgative[212]. The blossoms have been used in the treatment of measles[257].

nrakta N. America - British Columbia to Newfoundland, south to Georgia, Iowa, Colorado and California. ksacta Moist to wet soils along streams, in woods and open areas from valleys to around 3,000 metres[212].

propta Seed - best sown as soon as it is ripe in the autumn in a cold frame, when it should germinate in early spring. Stored seed can be sown in the spring in a cold frame but will probably germinate better if it is given 2 months warm followed by 2 months cold stratification first[78, 98, 113]. Prick out the seedlings into individual pots when they

are large enough to handle. If good growth is made, the young plants can be placed in their permanent positions during the early summer. Otherwise, either put them in a sheltered nursery bed, or keep them in their pots in a sheltered position and plant them out in spring of the following year. Cuttings of half-ripe wood, 7 - 10cm with a heel, July/August in a frame[78]. Cuttings of mature wood of the current season's growth, 15 - 20cm with a heel, late autumn in a frame or a sheltered outdoor bed[78].

nwatta Tolerates most soils, including chalk[200], but prefers a moist loamy soil[11, 200]. Grows well in heavy clay soils. Tolerates some shade but is best in a sunny position[1]. Tolerates atmospheric pollution and coastal situations[200]. Closely related to S. racemosa and considered part of that species by some botanists[43]. Plants in this genus are notably resistant to honey fungus[200].

## 4.2.64 Sambucus pubens

American Red Elder

4 tlin 8 cyuc 3 kcak 1 tcan 1 dwat 4 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Sambucus pubens is a deciduous Shrub growing to 4 m (13ft 1in). See above for USDA hardiness. It is hardy to UK zone 4. It is in flower from June to July. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

pcista Although no specific mention has been seen for this species, the leaves and stems of some, if not all, members of this genus are poisonous[9, 76]. The fruit of many species (although no records have been seen for this species) has been known to cause stomach upsets to some people. Any toxin the fruit might contain is liable to be of very low toxicity and is destroyed when the fruit is cooked[65, 76]. NC State University have noted Cyanogenic glycoside and alkaloids can cause low toxity if eaten.

kcakta Edible Parts: Flowers FruitEdible Uses: TeaFruit - raw or cooked[105, 161, 257]. A bitter flavour[183]. The fruit is quite nutritious, having a relatively high fat and protein as well as carbohydrate content[212]. The fruit can be dried prior to use, it will then lose some of its rank taste[183]. The fruit is about 5mm in diameter and is borne in large clusters making it easy to harvest[200]. Some caution is advised, see the notes above on toxicity. Flowers - raw or cooked. The root is made into a tea-like beverage[105, 161, 183].

tcanta MusicalThe stem is easily hollowed and can be used to make a whistle[212].

dwatta Diuretic PurgativeThe bark and the leaves are used as a diuretic and purgative[212]. The blossoms have been used in the treatment of measles[257].

nrakta N. America - British Columbia to Newfoundland, south to Georgia, Iowa, Colorado and California. ksacta Moist to wet soils along streams, in woods and open areas from valleys to around 3,000 metres[212].

propta Seed - best sown as soon as it is ripe in the autumn in a cold frame, when it should germinate in early spring. Stored seed can be sown in the spring in a cold frame but will probably germinate better if it is given 2 months warm followed by 2 months cold stratification first[78, 98, 113]. Prick out the seedlings into individual pots when they are large enough to handle. If good growth is made, the young plants can be placed in their permanent positions during the early summer. Otherwise, either put them in a sheltered nursery bed, or keep them in their pots in a sheltered nursery bed, or keep them in their pots in a sheltered position and plant them out in spring of the following year. Cuttings of half-ripe wood, 7 - 10cm with a heel, July/August in a frame[78]. Cuttings of mature wood of the current season's growth, 15 - 20cm with a heel, late autumn in a frame or a sheltered outdoor bed[78].

nwatta Tolerates most soils, including chalk[200], but prefers a moist loamy soil[11, 200]. Grows well in heavy clay soils. Tolerates some shade but is best in a sunny position[1]. Tolerates atmospheric pollution and coastal situations[200]. Closely related to S. racemosa and considered part of that

species by some botanists[43]. Plants in this genus are notably resistant to honey fungus[200].

the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245].

# 4.2.65 Crataegus x grignonensis

4 tlin 8 cyuc 3 kcak 3 tcan 2 dwat 4 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus x grignonensis is a deciduous Shrub growing to 4 m (13ft 1in). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. The fruit can be used in making pies, preserves, etc, and can also be dried for later use. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[X].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta A hybrid species of garden origin, C. crus-galli  $\bf x$  C. pubescens. ksacta Not known in the wild.

propta Seed - this is a hybrid species and it will not breed true from seed. If this is no problem, then the seed is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Hybridizes freely with other members of this genus[200]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are

## 4.2.66 Crataegus intricata

Copenhagen hawthorn

4 tlin 8 cyuc 3 kcak 3 tcan 2 dwat 3 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus intricata is a deciduous Shrub growing to 3 m (9ft 10in). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower in May, and the seeds ripen in September. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw, cooked or dried for later use[2, 105, 161]. Hard dry flesh[43]. Fruit we have eaten from this tree is mealy and fairly soft, with a pleasant sweet flavour[K]. It ripens in early September in southern Britain[K]. The fruit is up to 14mm in diameter and is borne in small clusters[229]. The skin is slightly hairy[235]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[2221.

nrakta Eastern N. America - Maine to Georgia, west to Michigan and Oklahoma. ksacta Thickets and open rocky woods[43, 235].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often

flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11].

# 4.2.67 Sambucus racemosa kamtschat-Japanese Quince, Flowering quince 4 tlin 8 cyuc 3 kcak 3 tcan 2 dwat 3 ica pcimhmimhtut cyutli tcup hwicli hra

Red Elder

4 tlin 8 cyuc 3 kcak 2 tcan 2 dwat 3 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Sambucus racemosa kamtschatica is a deciduous Shrub growing to 3 m (9ft 10in). See above for USDA hardiness. It is hardy to UK zone 4. It is in flower from April to May, and the seeds ripen from June to July. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric

pollution.

pcista Although no specific mention has been seen for this species, the leaves and stems of some, if not all, members of this genus are poisonous[9, 76]. The fruit of this species has been known to cause stomach upsets to some people. Any toxin the fruit might contain is liable to be of very low toxicity and is destroyed when the fruit is cooked[65, 76]. The seed is said to be poisonous[21].

kcakta Edible Parts: Flowers FruitEdible Uses: Fruit-raw or cooked[13]. The tastiest fruit in this genus[7]. Rich in vitamin C, the seed can be removed and the fruit used in jellies, preserves etc[183]. The fruit is about 5mm in diameter and is borne in large clusters, making it easy to harvest[200]. Some caution is advised, see notes above on toxicity. Flowers - raw or cooked.

tcanta Repellent Straw WoodThe leaves are used to repel insects[6]. Wood - commonly used in the manufacture of domestic items. It can be hollowed out to make flutes, pipes, straws etc[7, 99].

dwatta Anodyne Carminative Depurative Diaphoretic Diuretic Laxative Purgative Resolvent Vitamin C Vulnerary-The leaves, stems and the roots are anodyne, carminative and vulnerary[13, 147]. A decoction is used in the treatment traumatic injuries, fractures, rheumatoid arthralgia, gas pains, acute and chronic nephritis[147]. The fruit is depurative and laxative[7, 9]. The leaves are diuretic, resolvent and sudorific[7]. They are used externally to soothe abscesses and boils[7]. The root, and the oil from the seed, are purgative[7, 9].

nrakta Europe to W. Asia. Occasionally naturalized in N. Britain[17]. ksacta Woods, mainly in mountains[50].

propta Seed - best sown as soon as it is ripe in the autumn in a cold frame, when it should germinate in early spring. Stored seed can be sown in the spring in a cold frame but will probably germinate better if it is given 2 months warm followed by 2 months cold stratification first[78, 98, 113]. Prick out the seedlings into individual pots when they are large enough to handle. If good growth is made, the young plants can be placed in their permanent positions during the early summer. Otherwise, either put them in a sheltered nursery bed, or keep them in their pots in a sheltered position and plant them out in spring of the following year. Cuttings of half-ripe wood, 7 - 10cm with a heel, July/August in a frame[78]. Cuttings of mature wood of the current season's growth, 15 - 20cm with a heel, late autumn in a frame or a sheltered outdoor bed[78]. Division of suckers in the dormant season.

nwatta Tolerates most soils, including chalk[200], but prefers a moist loamy soil[11, 200]. Grows well in heavy clay soils. Tolerates some shade but is best in a sunny position. Prefers cool moist conditions. Tolerates atmospheric pollution and coastal situations. Hardy to about -25°c[184]. Plants self-sow in N. Britain but they rarely fruit well in S. Britain[3, 182]. There are some named varieties developed for their ornamental value[182]. The flowers have a sweet

smell, free from the fishy undertones found in some other members of the genus [245]. This subspecies has larger fruits and seeds than the type [200]. Plants in this genus are notably resistant to honey fungus [200].

## 4.2.68 Chaenomeles speciosa

Japanese Quince, Flowering quince
4 tlin 8 cyuc 3 kcak 3 tcan 2 dwat 3 m hkuc
pcimhmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Chaenomeles speciosa is a deciduous Shrub growing to 3 m (9ft) by 5 m (16ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from February to June, and the seeds ripen in October. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in full shade (deep woodland) semi-shade (light woodland) or no shade. It prefers moist soil. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - cooked[3, 4, 177]. Very harsh and acid raw but fragrant when cooked[1, 11]. Used for jams, jellies etc and as a flavouring with cooked apples[183, K]. The fruit can be apple or pear-shaped and up to 6.5cm long x 6.5cm wide[200].

tcanta Hedge HedgePlants can be grown as a medium sized hedge[11, 29, 200]. Some cultivars, such as 'Jet Trail' are suitable for ground cover[182].

dwatta Analgesic Antiemetic Antiinflammatory Antispasmodic Astringent Cholera DigestiveThe fruit is analgesic, anti-inflammatory, antispasmodic, astringent and digestive[147, 218, 238]. A decoction is used internally in the treatment of nausea, joint pains, cholera and associated cramps[147, 218, 238].

nrakta E. Asia - China. An occasional garden escape in Britain[17]. ksacta Long cultivated, its natural habitat is now obscure.

propta Seed - best sown as soon as it is ripe in a sheltered position outdoors or in a cold frame[200]. Sow stored seed in February in a greenhouse[78]. Germination usually takes place within 6 weeks[78]. Prick out the seedlings into individual pots as soon as they are large enough to handle. If well grown, these seedling can be large enough to plant out in the summer, but give them some protection in their first winter. Otherwise plant them out in late spring of the following year[K]. Cuttings of half-ripe wood, July/August in a frame[11]. Easy[113]. Cuttings of mature wood of the current year's growth, November in a cold frame. Layering in late spring or in autumn. This is a sure and easy method, though it takes 12 months[78, 200].

nwatta Landscape Uses:Border, Espalier, Hedge, Massing, Woodland garden. Easily cultivated in any reasonably good soil[1, 11]. Prefers a deep moist well-drained loam[11]. Grows well in heavy clay soils. Tolerates full shade but requires a sunny position for best fruit production[3, 11, 200]. Becomes chlorotic on very alkaline soils[200]. Tolerates atmospheric pollution[200]. This species is hardy to about 25°c[200]. Plants fruit freely in Britain, but the fruit does not always ripen. They do best when grown against a southfacing wall[11]. A very ornamental plant[1], there are many named varieties developed for their ornamental value[182, Closely allied to C. japonica[11]. A good bee plant, flowering early in the year and providing pollen and nectar[108]. Plants in this genus are notably resistant to honey fungus[200]. Special Features: Not North American native, Attractive flowers or blooms. The plant is heat tolerant in zones 9 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is multistemmed with multiple stems from the crown [1-2]. In garden design, as well as the above-ground architecture of a plant, root structure considerations help in choosing plants that work together for their optimal soil requirements including nutrients and water. The root pattern is branching: a heart root, dividing from the crown into several primary roots going down and out [2-1].

## 4.2.69 Amelanchier sanguinea

Roundleaf Serviceberry, Gaspé serviceberry 4 tlin 8 cyuc 3 kcak 0 tcan 0 dwat 3 m hkuc hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli drutta Amelanchier sanguinea is a deciduous Shrub

growing to 3 m (9ft 10in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower in April. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

kcakta Edible Parts: FruitEdible Uses: Edible fruit - raw or cooked[101, 105]. A sweet flavour[177]. The fruit is produced in small clusters and is up to 11mm in diameter[229]. The fruit is rich in iron and copper[226].

nrakta Eastern N. America - Maine to New Jersey, west to Minnesota and Iowa. ksacta Open woods, rocky slopes and river banks on neutral to slightly calcareous soils[43].

propta Seed - it is best harvested 'green', when the seed is fully formed but before the seed coat has hardened, and then sown immediately in pots outdoors or in a cold frame. If stored seed is obtained early enough in the autumn, it can be given 4 weeks warm stratification before being left out in the winter and it should then germinate in the spring. Otherwise seed can be very slow to germinate, perhaps taking 18 months or more. When large enough to handle, prick the seedlings out into individual pots and grow them on in a sheltered outdoor position, planting them out once they are 20cm or more tall. If there is sufficient seed it is best to sow it thinly in an outdoor seedbed[78, 80]. Grow the seedlings on for two years in the seedbed before planting them out into their permanent positions during the winter. Layering in spring takes 18 months[78]. Division of suckers in late winter. The suckers need to have been growing for 2 years before you dig them up, otherwise they will not have formed roots. They can be planted out straight into their permanent positions if required.

nwatta Prefers a rich loamy soil in a sunny position or semi-shade[1, 200, but thrives in any soil that is not water-logged[11]. Grows well in heavy clay soils. Tolerates dry soils[200]. All members of this genus have edible fruits and, whilst this is dry and uninteresting in some species, in many others it is sweet and juicy. Many of the species have potential for use in the garden as edible ornamentals. The main draw-back to this genus is that birds adore the fruit and will often completely strip a tree before it is fully ripe[K]. Plants produce suckers and form thickets[200]. Hybridizes with A. stolonifera, A. laevis and A. bartramiana. Grafting onto seedlings of A. lamarckii or Sorbus aucuparia is sometimes practised in order to avoid the potential problem of hybridizing[1].

## 4.2.70 Mahonia aquifolium

Oregon Grape, Hollyleaved barberry, Oregon Holly Grape, Oregon Holly

4 tlin 8 cyuc 3 kcak 3 tcan 3 dwat 2 m hkuc

pcimhmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Mahonia aquifolium is an evergreen Shrub growing to 2 m (6ft) by 1.5 m (5ft) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 5. It is in leaf all year, in flower from January to May, and the seeds ripen from August to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects.

The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in full shade (deep woodland) semi-shade (light woodland) or no shade. It prefers dry or moist soil.

pcista Barberry, goldenseal, oregon grape and other plants containing Berberine should be avoided during pregnancy and breastfeeding. Avoid if over active thyroid gland. High doses cause vomiting, lowered blood pressure, reduced heart rate, lethargy, nose bleed, skin and eye irritation and kidney infection. Liquorice as Glycyrrhiza species nullify berberine effects [301].

kcakta Edible Parts: Flowers FruitEdible Uses: Drink-

RCARTA Edible Parts: Flowers FruitEdible Uses: Drink-Fruit - raw or cooked[2, 3, 5, 95]. The fruit is almost as large as a blackcurrant and is produced in large bunches so it is easy to harvest[K]. It has an acid flavour, but it is rather nice raw and is especially good when added to a porridge or muesli[K]. Unfortunately, there is relatively little flesh and a lot of seeds, though some plants have larger and juicier fruits[K]. The cooked fruit tastes somewhat like blackcurrants[K]. The fruit can also be dried and stored for later use[257]. Flowers - raw. They can also be used to make a lemonade-like drink[183].

tcanta Dye Hedge HedgeA yellow dye is obtained from the inner bark of the stem and roots[99, 101, 257]. It is green according to another report[168]. Dark green, violet and dark blue-purple dyes are obtained from the fruit[168]. A green dye is obtained from the leaves[168]. This species can be grown as a low hedge and does not need trimming. Because of its suckering habit, it also makes a good dense ground cover plant though it can be slow to become established[197, 200].

dwatta Alterative Antibacterial Antipsoriatic Antiseborrheic Antitumor Blood tonic Cholagogue Diuretic Dysentery Laxative Ophthalmic TonicOregon grape was often used by several native North American Indian tribes to treat loss of appetite and debility[254]. Its current herbal use is mainly in the treatment of gastritis and general digestive weakness, to stimulate the kidney and gallbladder function and to reduce catarrhal problems[254, 257]. The root and root bark is alterative, blood tonic, cholagogue, diuretic, laxative and tonic[4, 21, 165, 257]. It improves the digestion and absorption and is taken internally in the treatment of psoriasis, syphilis, haemorrhages, stomach complaints and impure blood conditions[4, 238]. Externally, it has been used as a gargle for sore throats and as a wash for blurry or bloodshot eyes[257]. The roots are harvested in late autumn or early spring and dried for later use[238]. The fruit is an excellent gentle and safe laxative[257]. Berberine, universally present in rhizomes of Mahonia species, has marked antibacterial effects[218] and is used as a bitter tonic[213]. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enteric infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine[218]. Berberine has also shown antitumour activity[218]. The root and root bark are best harvested in the autumn[213].

nrakta Western N. America. Naturalized in Britain. ksacta Mixed coniferous woods to 2000 metres. It is found in woods and hedgerows in Britain[17].

propta Seed - best sown as soon as it is ripe in a cold frame[78]. It usually germinates in the spring[K]. 'Green' seed (harvested when the embryo has fully developed but before the seed case has dried) should be sown as soon as it is harvested and germinates within 6 weeks[K]. Stored seed should be sown as soon as possible in late winter or spring. 3 weeks cold stratification will improve its germination, which should take place in 3 - 6 months at 10°c. Prick out the seedlings when they are large enough to handle and grow them on in a cold frame for at least their first winter. Plant them out in late spring or early summer. Division of suckers in spring[78]. Whilst they can be placed direct into their permanent positions, better results are achieved if they are potted up and placed in a frame until established[11]. Leaf cuttings in the autumn.

nwatta Landscape Uses:Border, Foundation, Pest tolerant, Massing, Specimen, Woodland garden. A very easy plant to grow, thriving in any good garden soil[11, 200] and tolerating dense shade under trees[1, 28]. It grows well in heavy clay soils and also succeeds in dry soils if it is given a good mulch annually[197]. It dislikes exposure to strong

winds[K]. Plants are hardy to about -20°c[184]. Very tolerant of pruning, plants can be cut back into old wood if they grow too large and straggly[238]. Spring is the best time to do this[238]. Suckers are fairly freely produced, with established plants forming dense thickets[200]. Most plants grown under this name are casual hybrids with M. repens[67]. This species is easily confused with M. pinnata[67], with which it also hybridizes[200]. The flowers are delicately scented[245]. A number of named forms have been developed for their ornamental value[182]. This species is notably resistant to honey fungus[88, 200]. This plant is the state flower of Oregon[95]. Special Features: North American native, Fragrant flowers, Attractive flowers or blooms. The plant is heat tolerant in zones 9 through 6. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. An evergreen. The root pattern is flat with shallow roots forming a plate near the soil surface [1-2]. The root pattern is stoloniferous rooting from creeping stems above the ground [1-2].

## 4.2.71 Berberis x stenophylla

4 tlin 8 cyuc 3 kcak 3 tcan 2 dwat 2.5 m hkuc hmimhtut cyutli tcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli drutta Berberis x stenophylla is an evergreen Shrub

growing to 2.5 m (8ft) by 2.5 m (8ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in leaf all year, in flower from April to May, and the seeds ripen from August to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerate maritime exposure.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. A delicious sub-acid flavour, though there are a lot of seeds to relatively little flesh[K]. Children generally love this fruit, along with some adults, though most adults seem to prefer it cooked in pies, preserves etc[K]. The fruit is not always very freely borne, growing the plants near to B. darwinii (which is one of its parents) seems to increase the yield[K]. The fruits are about 7mm long[200].

tcanta Dye Hedge HedgePlants are very tolerant of trimming and can be grown as a medium-size hedge. Their long arching branches look especially nice if the plants are allowed to grow as an untrimmed informal hedge that is very resistant to maritime exposure[29, 75]. It succeeds on top of Cornish hedges. The prickles make it impenetrable though it can be invasive. There are some named varieties of prostrate growth that are suitable for use as a ground cover[208]. 'Corallina' and 'Prostrata' have been especially mentioned[208]. A yellow dye is obtained from the root.

dwatta Antibacterial Cancer DysenteryBerberine, universally present in rhizomes of Berberis species, has marked antibacterial effects. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enteric infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine[218]. Berberine has also shown antitumour activity[218].

nrakta A garden hybrid, B. darwinii. x B. empetrifolia. ksacta Not known in the wild.

propta Seed - best sown as soon as it is ripe in a cold frame, when it should germinate in late winter or early spring[78]. Seed from over-ripe fruit will take longer to germinate[78], whilst stored seed may require cold stratifica-

tion and should be sown in a cold frame as early in the year as possible[80]. The seedlings are subject to damping off, so should be kept well ventilated[113]. When the seedlings are large enough to handle, prick them out into individual pots and grow them on in a cold frame. If growth is sufficient, it can be possible to plant them out into their permanent positions in the autumn, but generally it is best to leave them in the cold frame for the winter and plant them out in late spring or early summer of the following year. This plant does not breed true from seed because it is a hybrid species. Most of the seedlings revert back to one of the parents, usually B. darwinii[11]. Cuttings of half-ripe wood, July/August in a frame. Cuttings of mature wood of the current season's growth, preferably with a heel, October/November in a frame[78]. Suckers, removed in late autumn/early winter and planted out in situ or potted up and planted out in late spring[200]. nwatta Prefers a warm moist loamy soil and light shade

nwatta Prefers a warm moist loamy soil and light shade but it is by no means fastidious, succeeding in thin, dry and shallow soils[11, 200]. Grows well in heavy clay soils. Tolerates maritime exposure[75, 200]. Fairly slow growing[75]. Plants are hardy to about -15°c[184]. A very ornamental plant[1], there are many named varieties[182]. Plants sucker freely, forming thickets[182]. A good bee plant[108], the flowers are very fragrant. Plants can be pruned back quite severely, they resprout well from the base[200].

### 4.2.72 Viburnum edule

Mooseberry, Squashberry 4 tlin 8 cyuc 3 kcak 3 tcan 1 dwat 2.5 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli dyatxre7t hjonli

drutta Viburnum edule is a deciduous Shrub growing to 2.5 m (8ft 2in). See above for USDA hardiness. It is hardy to UK zone 5. It is in flower in June, and the seeds ripen in October. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is not self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista Although no records of toxicity have been seen for this species, it is closely related to V. opulus, the raw fruit of which can cause nausea in some people if it is eaten in large quantities, although the cooked fruit is perfectly alright[65, 76]. kcakta Edible Parts: Flowers FruitEdible Uses: Fruit

kcakta Edible Parts: Flowers FruitEdible Uses: Fruit-raw or cooked[11, 62, 101, 257]. The fully ripe fruits are mildly acid with a pleasant taste[183]. The ovoid fruit is about 8mm long and contains a single large seed[200]. The fruit can also be dried for winter use[183]. It is highly valued for jam[43]. It is best before a frost and with the skin removed[85, 172]. Another report says that the native Americans would often not harvest the fruit until it had been frosted[257]. Some caution is advised, see the notes above on toxicity. Flowers - used in fritters[172].

tcanta BasketryThe stems have been used to reinforce birch bark basket rims[257].

dwatta Antispasmodic Astringent Dysentery Odontalgic SalveThe bark is antispasmodic and astringent[172, 257]. An infusion of the crushed inner bark has been used in the treatment of dysentery and has also been used as a purgative[257]. The bark has been chewed and the juice swallowed in the treatment of whooping cough and 'cold on the lungs'[257]. A decoction of the stems has been used in the treatment of coughs[257]. An infusion of the leaves and stems has been used as a gargle in the treatment of sore throats[257]. The twig tips have been chewed and the juice swallowed in the treatment of sore throats[257]. A poultice of the chewed, unopened flower buds has been applied to lip sores[257]. A decoction of the roots has been used to treat sickness associated with teething[257].

nrakta E. Asia. Eastern N. America. ksacta Woods, thickets and cool mountain slopes[43].

propta Seed - best sown in a cold frame as soon as it is ripe. Germination can be slow, sometimes taking more than 18 months. If the seed is harvested 'green' (when it has fully developed but before it has fully ripened) and sown immediately in a cold frame, it should germinate in the spring[80].

Stored seed will require 2 months warm then 3 months cold stratification and can still take 18 months to germinate[113]. Prick out the seedlings into individual pots when they are large enough to handle and grow them on in a cold frame or greenhouse. Plant out into their permanent positions in late spring or early summer of the following year. Cuttings of soft-wood, early summer in a frame[200]. Pot up into individual pots once they start to root and plant them out in late spring or early summer of the following year. Cuttings of half-ripe wood, 5 - 8 cm long with a heel if possible, July/August in a frame[78, 113]. Plant them into individual pots as soon as they start to root. These cuttings can be difficult to overwinter, it is best to keep them in a greenhouse or cold frame until the following spring before planting them out[113]. Cuttings of mature wood, winter in a frame. They should root in early spring - pot them up when large enough to handle and plant them out in the summer if sufficient new growth is made, otherwise keep them in a cold frame for the next winter and then plant them out in the spring. Layering of current seasons growth in July/August. Takes 15 months[78].

nwatta An easily grown plant, it succeeds in most soils but is ill-adapted for poor soils and for dry situations[1]. It prefers a deep rich loamy soil in sun or semi-shade[11, 200]. Grows well in heavy clay soils. Prefers a slightly acidic soil[172]. Best if given shade from the early morning sun in spring[200]. Plants are possibly self-incompatible[11] and may need to grow close to a genetically distinct plant in the same species in order to produce fruit and fertile seed[11, 200]. Closely allied to V. opulus, but this species has no sterile flowers in the inflorescence and is a superior fruiting

#### 4.2.73 Rosa nutkana

Nootka Rose, Bristly Nootka rose 4 tlin 8 cyuc 3 kcak 4 tcan 2 dwat 2.7 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatprikl-

wis hpa7tmwatli fyifxre7t hjonli

drutta Rosa nutkana is a deciduous Shrub growing to 2.7 m (8ft 10in). See above for USDA hardiness. It is hardy to UK zone 4. It is in flower from June to July, and the seeds ripen from August to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista There is a layer of hairs around the seeds just beneath the flesh of the fruit. These hairs can cause irritation to the mouth and digestive tract if ingested.

kcakta Edible Parts: Flowers Fruit Seed StemEdible Uses: TeaFruit - raw or cooked[2, 101, 118, 161, 257]. The taste is best after a frost[172]. Juicy, pleasantly acid and a good source of vitamin C[183]. The fruit can be dried, powdered and added to tea as a flavouring or used in its own right as a fruity-flavoured tea[21, 101, 183]. The fruit is about 20mm in diameter[200], but there is only a thin layer of flesh surrounding the many seeds[K]. Some care has to be taken when eating this fruit, see the notes above on known hazards. Petals - raw. The petals are pleasantly aromatic, but you need to remove the bitter white base[172]. Young shoots - raw or cooked. Peeled and eaten in spring when they are still tender[101, 172, 177, 183, 257]. The seed is a good source of vitamin E, it can be ground and mixed with flour or added to other foods as a supplement[102, 183]. Be sure to remove

the seed hairs[102]. The peeled stems are used to make a beverage[257]. The leaves are used to make a tea[257]. tcanta Hedge HedgeThe plant makes a good informal

hedge[1]. dwatta Analgesic Astringent Birthing aid Cancer Foot care Ophthalmic Stings Vitamin C Women's complaintsAn infusion of the roots and sprouts has been used as an eyewash for sore eyes[257]. A decoction of the roots has been used by women after giving birth and also in the treatment of sore throats[257]. A decoction of the bark has been taken to ease the labour pains of childbirth[257]. A poultice of the chewed leaves has been used to alleviate the pain of bee stings[257]. A decoction of the branches, combined with chokecherry (Prunus virginiana) and red willow (Salix bonplandiana), has

been used in the treatment of various women's complaints, diarrhoea and vomiting[257]. The leaves have been placed in shoes as a protection from athletes foot[257]. The fruit of many members of this genus is a very rich source of vitamins and minerals, especially in vitamins A, C and E, flavanoids and other bio-active compounds. It is also a fairly good source of essential fatty acids, which is fairly unusual for a fruit. It is being investigated as a food that is capable of reducing the incidence of cancer and also as a means of halting or reversing the growth of cancers[214].

nrakta North-western N. America. ksacta Woods and open places at moderate elevations[60]. propta Seed. Rose seed often takes two years to germi-

nate. This is because it may need a warm spell of weather after a cold spell in order to mature the embryo and reduce the seedcoat[80]. One possible way to reduce this time is to scarify the seed and then place it for 2 - 3 weeks in damp peat at a temperature of 27 - 32°c (by which time the seed should have imbibed). It is then kept at 3°c for the next 4 months by which time it should be starting to germinate[80]. Alternatively, it is possible that seed harvested 'green' (when it is fully developed but before it has dried on the plant) and sown immediately will germinate in the late winter. This method has not as yet(1988) been fully tested[80]. Seed sown as soon as it is ripe in a cold frame sometimes germinates in spring though it may take 18 months. Stored seed can be sown as early in the year as possible and stratified for 6 weeks at 5°c[200]. It may take 2 years to germinate[200]. Prick out the seedlings into individual pots when they are large enough to handle. Plant out in the summer if the plants are more than 25cm tall, otherwise grow on in a cold frame for the winter and plant out in late spring. Cuttings of half-ripe wood with a heel, July in a shaded frame. Overwinter the plants in the frame and plant out in late spring[78]. High percentage[78]. Cuttings of mature wood of the current seasons growth. Select pencil thick shoots in early autumn that are about 20 - 25cm long and plant them in a sheltered position outdoors or in a cold frame[78, 200]. The cuttings can take 12 months to establish but a high percentage of them normally succeed[78]. Division of suckers in the dormant season. Plant them out direct into their permanent positions. Layering. Takes 12 months[11].

nwatta Succeeds in most soils[11], preferring a circumneutral soil and a sunny position[200]. Grows well in heavy clay soils. Prefers a slightly acid soil[14]. Dislikes water-logged soils[200]. Grows well with alliums, parsley, mignonette and lupins[18, 20]. Garlic planted nearby can help protect the plant from disease and insect predation[18, 20]. Grows badly with boxwood[18]. A very ornamental This plant is often plant[1], it fruits well in Britain[11]. wrongly grown under the name R. californica[200]. Hybridizes freely with other members of this genus[80]. Plants in this genus are notably susceptible to honey fungus[200].

#### 4.2.74 **Amelanchier humilis**

Low serviceberry

4 tlin 8 cyuc 3 kcak 0 tcan 0 dwat 1.8 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Amelanchier humilis is a deciduous Shrub growing to 1.8 m (6ft) by 3 m (9ft). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower in April, and the seeds ripen from June to July. The species is hermaphrodite (has both male and female organs) and is pol-linated by Bees. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: FruitEdible Uses: Edible fruit-raw or cooked[105, 159, 177]. Sweet[43]. A very pleasant flavour, the fruit is juicy with a hint of apple in the taste and contains a few small seeds at the centre[K]. The fruit is rich in iron and copper[226].

nrakta Eastern N. America - Vermont to Alberta and south to New York and Iowa.. ksacta Rocky or sandy shores and banks, often calcareous[43].

propta Seed - it is best harvested 'green', when the seed is fully formed but before the seed coat has hardened, and then sown immediately in pots outdoors or in a cold frame. If stored seed is obtained early enough in the autumn, it can be given 4 weeks warm stratification before being left out in the winter and it should then germinate in the spring. Otherwise seed can be very slow to germinate, perhaps taking 18 months or more. When large enough to handle, prick the seedlings out into individual pots and grow them on in a sheltered outdoor position, planting them out once they are 20cm or more tall. If there is sufficient seed it is best to sow it thinly in an outdoor seedbed[78, 80]. Grow the seedlings on for two years in the seedbed before planting them out into their permanent positions during the winter. Layering in spring takes 18 months[78]. Division of suckers in late winter. The suckers need to have been growing for 2 years before you dig them up, otherwise they will not have formed roots. They can be planted out straight into their permanent positions if renwatta Prefers a rich loamy soil in a sunny position or

semi-shade[1, 200] but thrives in any soil that is not too dry or water-logged[11]. Grows well in heavy clay soils. Plants are often found growing on calcareous soils in the wild[43]. Hardy to about -25°c[184]. All members of this genus have edible fruits and, whilst this is dry and uninteresting in some species, in many others it is sweet and juicy. Many of the species have potential for use in the garden as edible ornamentals. The main draw-back to this genus is that birds adore the fruit and will often completely strip a tree before it is fully ripe[K]. This species produces suckers freely, forming thickets[184]. Closely related to A. stolonifera[11, 200]. Hybridizes with A. stolonifera, A. arborea and A. bartramiana. Grafting onto seedlings of A. lamarckii or Sorbus aucuparia is sometimes practised in order to avoid the potential problem of hybridizing[1].

## 4.2.75 Monarda fistulosa

Wild Bergamot, Mintleaf bergamot, Wild Bee-Balm, Lupine 4 tlin 10 cyuc 3 kcak 2 tcan 2 dwat 1.5 m hkuc htut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatprikl-

wis hpa7tmwatli fyifxre7t hjonli
drutta Monarda fistulosa is a PERENNIAL growing to

1.5 m (5ft) by 0.5 m (1ft 8in) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower in July, and the seeds ripen in August. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. The plant is self-fertile. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It cannot grow in the shade. It prefers dry or moist soil.

kcakta Edible Parts: Flowers LeavesEdible Uses: Condiment TeaLeaves - raw or cooked. The entire plant above ground level can be used as a potherb[183], though it is rather aromatic. It is also used as a flavouring in salads and cooked foods[46, 105, 183, 213]. The flowers make an attractive edible garnish in salads[183]. The fresh or dried leaves are brewed into a refreshing aromatic tea[183, 257].

tcanta RepellentThe leaves have been used as an insect repellent[257].

dwatta Carminative Diaphoretic Diuretic Pectoral StimulantWild bergamot was often employed medicinally by several native North American Indian tribes who used it to treat a variety of complaints, but especially those connected with the digestive system[257]. It is still sometimes used in modern herbalism. The leaves and flowering stems are carminative, diaphoretic, diuretic and stimulant[4, 222]. An infusion is used internally in the treatment of colds, catarrh, headaches, gastric disorders, aching kidneys, to reduce low fevers and soothe sore throats[213, 238, 257]. Externally, it is applied as a poultice to skin eruptions, cuts etc and as a wash for sore eyes[238, 257]. The leaves can be harvested before the plant flowers, or they can be harvested with the flowering stems. They can be used fresh or dried[238]. The plant contains the essential oil 'bergamot oil' which can be inhaled to treat bronchial complaints[213]. The leaves also contain 'thymol', an essential oil that can be used to expel gas from the digestive tract[213].

nrakta North-eastern N. America - Quebec to Minnesota, south to Texas. ksacta Dry thickets, clearings and woodland edges[43].

propta Seed - sow mid to late spring in a cold frame. Germination usually takes place within 10 - 40 days at 20°c. When large enough to handle, prick the seedlings out into individual pots and plant them out into their permanent positions in early summer. The seed can also be sown in situ in late summer in areas where the winters are not too severe and will produce larger plants. Cuttings of soft basal shoots in spring. Harvest the shoots with plenty of underground stem when they are about 8 - 10cm above the ground. Pot them up into individual pots and keep them in light shade in a cold frame or greenhouse until they are rooting well. Plant them out in the summer. Division in spring or autumn. Very easy, large divisions can be planted out direct into their permanent positions. We have found that it is better to pot up the smaller divisions and grow them on in light shade in a cold frame until they are well established before planting them out in late spring or early summer. nwatta Landscape Uses: Massing. Easily grown in ordi-

nary garden soil so long as it is not too dry[1, 200]. Grows well in heavy clay soils. Requires a moist soil and a sunny position[1, 200], though it also succeeds in light shade[187]. This species thrives when grown in a dry soil[233, 238, K]. It prefers alkaline soil conditions[238]. Plants are hardy to at least -25°c[187]. A very ornamental plant, there are several named varieties[1, 233]. A good bee plant[200]. Subject to mildew in dry summers[200]. Special Features: Attracts birds, North American native, Attracts butterflies, Suitable for cut flowers, Attractive flowers or blooms. The plant is heat tolerant in zones 9 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a runner spreading indefinitely by rhizomes or stolons [1-2]. The root pattern is rhizomatous with underground stems sending roots and shoots along their length [1-2].

# 4.2.76 Symphytum uplandicum

Comfrey 4 tlin 8 c

4 tlin 8 cyuc 3 kcak 4 tcan 5 dwat 1.2 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Symphytum uplandicum is a PERENNIAL growing to 1.2 m (4ft) by 0.6 m (2ft in) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from May to June. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista This plant contains small quantities of a toxic alkaloid which can have a cumulative effect upon the liver. Largest concentrations are found in the roots, leaves contain higher quantities of the alkaloid as they grow older and young leaves contain almost none. Most people would have to consume very large quantities of the plant in order to do any harm, though anyone with liver problems should obviously be more cautious. In general, the health-promoting properties of the plant probably far outweigh any possible disbenefits, especially if only the younger leaves are used.

kcakta Edible Parts: LeavesEdible Uses: Gum TeaYoung leaves - cooked or raw[2, 4, 5, 9, 46, 61]. The leaf is hairy and the texture is mucilaginous. It may be full of minerals but it is not pleasant eating for most tastes. It can be chopped up finely and added to salads, in this way the hairiness is not so obvious[183]. Young shoots can be used as an asparagus substitute[46]. The blanched stalks are used[183]. Older leaves can be dried and used as a tea[26]. The peeled roots are cut up and added to soups[183]. A tea is made from the dried

leaves and roots[183]. The roasted roots are used with dandelion and chicory roots for making coffee[183].

tcanta Biomass Compost GumThe plant grows very quickly, producing a lot of bulk. It is tolerant of being cut several times a year and can be used to provide 'instant compost' for crops such as potatoes. Simply layer the wilted leaves at the bottom of the potato trench or apply them as a mulch in no-dig gardens. A liquid feed can be obtained by soaking the leaves in a small amount of water for a week, excellent for potassium demanding crops such as tomatoes. The leaves are also a very valuable addition to the compost heap[26, 200]. A gum obtained from the roots was at one time used in the treatment of wool before it was spun[100]. Plants can be grown as a ground cover when planted about 1.2 metres apart each way[208]. A dynamic accumulator gathering minerals or nutrients from the soil and storing them in a more bioavailable form - used as fertilizer or to improve mulch.

dwatta Anodyne Astringent Demulcent Eczema Emollient Expectorant Haemostatic Refrigerant VulneraryComfrey is a commonly used herbal medicine with a long and proven history in the treatment of various complaints. The root and the leaves are used, the root being more active, and they can be taken internally or used externally as a poultice[4, 222]. Comfrey is especially useful in the external treatment of cuts, bruises, sprains, sores, eczema, varicose veins, broken bones etc, internally it is used in the treatment of a wide range of pulmonary complaints, internal bleeding etc[4, 238, K]. The plant contains a substance called 'allantoin', a cell proliferant that speeds up the healing process[4, 21, 26, 165, 222, 238]. This substance is now synthesized in the pharmaceutical industry and used in healing creams[238]. The root and leaves are anodyne, astringent (mild), demulcent, emollient, expectorant, haemostatic, refrigerant, vulnerary[4, 21, 26, 165, 222]. Some caution is advised, however, especially in the internal use of the herb. External applications and internally taken teas or tinctures of the leaves are considered to be completely safe, but internal applications of tablets or capsules are felt to have too many drawbacks for safe usage[238]. See also the notes above on toxicity. The leaves are harvested in early summer before the plant flowers, the roots are harvested in the autumn. Both are dried for later use[238]. A homeopathic remedy is made from the fresh root, harvested before the plant flowers[232]. This has a very limited range of application, but is of great benefit in the treatment of broken bones and eye injuries[232].

nrakta A hybrid of garden origin, S. asperum x S. officinale[200]. ksacta Not known in a truly wild situation.

propta Seed - sow spring or autumn in a cold frame. When they are large enough to handle, prick the seedlings out into individual pots and grow them on in the greenhouse for their first winter. Plant them out into their permanent positions in late spring or early summer, after the last expected frosts. This is a hybrid species that does not usually produce seed. If you have sufficient seed you can try an outdoor sowing in situ in the spring. Division succeeds at almost any time of the year. Simply use a spade to chop off the top 7cm of root just below the soil level. The original root will regrow and you will have a number of root tops, each of which will make a new plant. These can either be potted up or planted out straight into their permanent positions.

nwatta Tolerates most soils and situations but prefers a moist soil and some shade[1, 4]. Grows well in heavy clay soils. Best grown in an open sunny site in a deep rich soil if it is being grown for compost material[200]. Hardy to about -20°c[187]. A naturally occurring hybrid species (S. asperum x S. officinale), it does not set viable seed and so is not aggressive. The root system is very deep, fragments of root left in the soil can produce new plants. A number of named forms have been selected for their higher production of leaves[183]. Subject to attacks by the rust fungus, this can be alleviated by giving the plants a high potash feed, wood ashes are often used[26]. The plant is heat tolerant in zones 9 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones

11 through 1.) For polyculture design as well as the aboveground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a clumper with limited spread [1-2]. The root pattern is fibrous dividing into a large number of fine roots [1-2].

#### 4.2.77Crataegus monogyna

Hawthorn, Oneseed hawthorn

4 tlin 8 cyuc 3 kcak 3 tcan 5 dwat m hkuc

hmimhtut cyutli hgattcuphja7n hwicli hyishrasjlutnyikfrip hpa7tli frusflatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus monogyna is a deciduous Shrub growing to 6 m (19ft) by 6 m (19ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from May to June, and the seeds ripen from September to November. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very acid and very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerate maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: Flowers Fruit LeavesEdible Uses: Coffee TeaFruit - raw or cooked[2, 12]. Not very appetizing raw[9, K], it is normally used for making jams and preserves[9, 183]. The fruit can be dried, ground, mixed with flour and used for making bread etc[46]. The fruit is about 1cm in diameter[200]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K]. Young shoots - raw[5, 177]. A pleasant nutty flavour[144], they are a good addition to the salad bowl[183]. A tea is made from the dried leaves[21, 46, 177, 183], it is a china tea substitute. The roasted seeds are a coffee substitute[12, 21, 46, 177]. The flowers are used in syrups and sweet puddings[183].

tcanta Fuel Hedge Hedge WoodA good hedge plant, it is very tolerant of being cut and of neglect and is able to regenerate if cut back severely, it makes a good thorny stock-proof barrier[186] and resists very strong winds. It is often used in layered hedges[11, 29]. The cultivar 'Stricta' has made a very good hedge 3.5 metres tall in an exposed maritime position at Rosewarne in N. Cornwall[K]. Wood - very hard and tough, difficult to work. Used for tool handles etc. Valued in turning[7, 46, 61]. A good fuel, giving out a lot of heat[4].

dwatta Antispasmodic Astringent Cardiotonic Diuretic Hypotensive Malaria Sedative Tonic VasodilatorHawthorn is an extremely valuable medicinal herb. It is used mainly for treating disorders of the heart and circulation system, especially angina[254]. Western herbalists consider it a 'food for the heart', it increases the blood flow to the heart muscles and restores normal heart beat[254]. This effect is brought about by the presence of bioflavonoids in the fruit, these bioflavonoids are also strongly antioxidant, helping to prevent or reduce degeneration of the blood vessels[254]. The fruit is antispasmodic, cardiac, diuretic, sedative, tonic and vasodilator[4, 9, 21, 46, 165]. Both the fruits and flowers of hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222], they are also used to treat a heart muscle weakened by age, for inflammation of the heart muscle, arteriosclerosis and for nervous heart problems[21]. Prolonged use is necessary for the treatment to be efficacious[222]. It is normally used either as a tea or a tincture[222]. Hawthorn is combined with ginkgo (Ginkgo biloba) to enhance poor memory, working by improving the blood supply to the brain[254]. The bark is astringent and has been used in the treatment of malaria and other fevers[7]. The roots are said to stimulate the arteries of the heart[218].

nrakta Europe, including Britain, absent from Iceland, south and west the the Mediterranean and Afghanistan ksacta Woods, hedges, thickets etc, on most soils except wet peat and poor acid sands[9, 17].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years. nwatta A very easily grown plant, it prefers a well-

drained moisture retentive loamy soil but is not at all fussy[11, 200]. Succeeds in all but the very poorest acid soils[186]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. A very hardy plant, tolerating temperatures down to at least -18°c[202]. Hybridizes freely with other members of this genus and with C. laevigata in the wild[186, 200]. There are many named forms selected for their ornamental value[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. In heavier shade they quickly become drawn and leggy, eventually dying[186]. An important food plant for the caterpillars of many lepidoptera species[30], there are 149 insect species associated with this tree[24]. Plants are susceptible to fireblight[200]. In garden design, as well as the above-ground architecture of a plant, root structure considerations help in choosing plants that work together for their optimal soil requirements including nutrients and water. The root pattern is branching: a heart root, dividing from the crown into several primary roots going down and out [2-1].

#### 4.2.78 Berberis canadensis

Allegheny Barberry, American barberry 4 tlin 8 cyuc 3 kcak 1 tcan 2 dwat 1.8 m hkuc hmimhtut cyutli kyuctcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Berberis canadensis is a deciduous Shrub growing to 1.8 m (6ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower in May, and the seeds ripen in August. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

kcakta Edible Parts: Flowers Fruit LeavesEdible Uses: Fruit-raw or cooked. Agreeably acid[2, 22, 46, 95, 161], they are an acceptable raw fruit in small quantities but are more commonly used in preserves[177, K]. The fruits are about 9mm long[200]. Leaves - raw. A trailside nibble[102]. Flowers[102]. No more details.

tcanta DyeA yellow dye is obtained from the root.

dwatta Antibacterial Cancer DysenteryBerberine, universally present in rhizomes of Berberis species, has marked antibacterial effects. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enteric infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine[218]. Berberine has also shown antitumour activity[218]. A tea made from the roots is used in the treatment of fevers and diarrhoea[222].

nrakta Eastern N. America - Virginia to Georgia, Alberta and Indiana. ksacta Banks of streams and dry woods[11, 43]. In woods or glades, on rocky slopes and near rivers at elevations of 100 - 700 metres[270].

propta Seed - best sown as soon as it is ripe in a cold frame, when it should germinate in late winter or early spring[78]. Seed from over-ripe fruit will take longer to germinate[78], whilst stored seed may require cold stratification and should be sown in a cold frame as early in the year as possible[80]. The seedlings are subject to damping off, so should be kept well ventilated[113]. When the seedlings are large enough to handle, prick them out into individual pots and grow them on in a cold frame. If growth is sufficient, it can be possible to plant them out into their permanent positions in the autumn, but generally it is best to leave them in the cold frame for the winter and plant them out in late spring or early summer of the following year. Cuttings of half-ripe wood, July/August in a frame. Cuttings of mature wood of the current season's growth, preferably with a heel, October/November in a frame[78].

nwatta Prefers a warm moist loamy soil but is by no means fastidious, succeeding in thin, dry and shallow soils[11, 200]. Grows well in heavy clay soils. Succeedis in full sun or light shade[11, 200]. The plant is an alternate host of 'black stem rust' of cereals and so it is often grubbed out when growing wild in cereal-producing areas. Hybridizes freely with other members of this genus[1]. Plants can be pruned back quite severely and resprout well from the base[200]. For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is multistemmed with multiple stems from the crown [1-2].

### 4.2.79 Silphium integrifolium

Prairie Rosinweed

4 tlin 8 cyuc 3 kcak 2 tcan 1 dwat 1.8 m hkuc htut cyutli hgatkyuctcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli hjonli

drutta Silphium integrifolium is a PERENNIAL growing to 1.8 m (6ft) by 0.9 m (3ft in) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 4. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It cannot grow in the shade. It prefers dry or moist soil and can tolerate drought.

kcakta Edible Parts: OilEdible Uses: OilCarbon Farming Solutions - Staple Crop: protein-oil (The term staple crop typically refers to a food that is eaten routinely and accounts for a dominant part of people's diets in a particular region of the world) [1-1]. Under development at the Land Institute to domesticate this species for use as an oilseed crop. Trials yielded 1.1t/ha of seed [1-1].

tcanta OilGarden Ornamental. Compared to other Silphium species, it is shorter, less likely to topple over, and faster from seed to flower. More manageable than most perennial sunflowers as it spreads slowly, and it is not known to be allelopathic. Adapts well to prairies, wildflower/native plant gardens, naturalized areas, meadows or moist, open woodland areas. Attracts birds and butterflies

dwatta Native American peoples used the roots to treat pain from injuries [4].

nrakta Native to eastern North America, including Ontario in Canada and the eastern and central United States as far west as New Mexico. ksacta Mesic to dry black soil prairies, gravel prairies, clay prairies, hill prairies, openings in rocky upland forests, limestone glades, and areas along railroads, particularly where prairie remnants occur. This

plant can survive significant degradation, and recovers readily from occasional wildfires. It competes well against most prairie grasses and forbs in mesic to dry areas.

propta Seed. Plants may be slow to establish in the garden, particularly when grown from seed. Plants often self-seed in optimum growing conditions. Plants develop taproots. Once established, division is not recommended.

nwatta Management: Standard Staple Crop: Proteinoil Under DevelopmentClimate: boreal to warm temperate.
Humidity: semi-arid to humid. It needs full sun, poor to
loamy soils, and mesic to dry conditions. Average, medium
moisture, well-drained soils. Tolerates some light shade.
Also tolerates some drought once established. Will grow in
a variety of soils including sandy, loamy or clay ones. Cultivation: under development. Management: standard (Describes the non-destructive management systems that are
used in cultivation) [1-1].

#### 4.2.80 Symphytum asperum

Prickly Comfrey

prefers moist soil.

4 tlin 8 cyuc 3 ǩcak 0 tcan 2 dwat 1.5 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Symphytum asperum is a PERENNIAL growing to 1.5 m (5ft) by 0.6 m (2ft in) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 5. It is in flower from May to June, and the seeds ripen from June to July. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It

pcista No reports of toxicity have been seen for this species, but the following reports have been seen for S. officinale. This plant contains small quantities of a toxic alkaloid which can have a cumulative effect upon the liver. Largest concentrations are found in the roots, leaves contain higher quantities of the alkaloid as they grow older and young leaves contain almost none. Most people would have to consume very large quantities of the plant in order to do any harm, though anyone with liver problems should obviously be more cautious. In general, the health-promoting properties of the plant probably far outweigh any possible disbenefits, especially if only the younger leaves are used.

kcakta Edible Parts: LeavesEdible Uses: Gum TeaThe following reports are for S. officinale, they are said to also apply to this species[200]. Young leaves - cooked or raw[2, 4, 5, 9, 46, 61]. The leaf is hairy and the texture is mucilaginous. It may be full of minerals but it is not pleasant eating for most tastes. It can be chopped up finely and added to salads, in this way the hairiness is not so obvious[183]. Young shoots can be used as an asparagus substitute[46]. The blanched stalks are used[183]. Older leaves can be dried and used as a tea[26]. The peeled roots are cut up and added to soups[183]. A tea is made from the dried leaves and roots[183]. The roasted roots are used with dandelion and chicory roots for making coffee[183].

tcanta Biomass Compost GumThe following reports are for S. officinale, they are said to also apply to this species[200]. The plant grows very quickly, producing a lot of bulk. It is tolerant of being cut several times a year and can be used to provide 'instant compost' for crops such as potatoes. Simply layer the wilted leaves at the bottom of the potato trench or apply them as a mulch in no-dig gardens. A liquid feed can be obtained by soaking the leaves in a small amount of water for a week, excellent for potassium demanding crops such as tomatoes. The leaves are also a very valuable addition to the compost heap[26, 200]. A gum obtained from the roots was at one time used in the treatment of wool before it was spun[100].

dwatta Anodyne Astringent Demulcent Emollient Expectorant Haemostatic Refrigerant VulneraryThe leaves are anodyne, mildly astringent, demulcent, emollient, expectorant, haemostatic, refrigerant and vulnerary. They are used as an external poultice in the treatment of cuts, bruises and sprains. Internally, they are used as a tea in the treatment of chest complaints. The plant contains a substance called 'allantoin', a cell proliferant that speeds up the healing process[4, 21, 26, 165]. The leaves are harvested in the summer

and can be used fresh or dried.

nrakta Europe to W. Asia. Occasionally naturalized in Britain. ksacta Waste places in Britain[17].

propta Seed - sow spring or autumn in a cold frame. When they are large enough to handle, prick the seedlings out into individual pots and grow them on in the greenhouse for their first winter. Plant them out into their permanent positions in late spring or early summer, after the last expected frosts. If you have sufficient seed you can try an outdoor sowing in situ in the spring. Division succeeds at almost any time of the year. Simply use a spade to chop off the top 7cm of root just below the soil level. The original root will regrow and you will have a number of root tops, each of which will make a new plant. These can either be potted up or planted out straight into their permanent positions.

nwatta Tolerates most soils and situations but prefers a moist soil and some shade[1, 4]. Grows well in heavy clay soils. Best grown in an open sunny site in a deep rich soil if it is being grown for compost material[200]. Plants can be invasive, often spreading freely by means of self-sown seed. They are also very difficult to remove, the root system is very deep and even small fragments of root left in the soil can produce new plants.

### 4.2.81 Berberis cooperi

4 tlin 8 cyuc 3 kcak 1 tcan 2 dwat 1.5 m hkuc hmimhtut cyutli tcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Berberis cooperi is a deciduous Shrub growing to 1.5 m (5ft). See above for USDA hardiness. It is hardy to UK zone 3. It is in flower from June to July. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. Suitable forlight (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. An acid taste, but it is pleasant raw in small quantities [K].

tcanta DyeA yellow dye is obtained from the root.

dwatta Antibacterial Cancer DysenteryBerberine, universally present in rhizomes of Berberis species, has marked antibacterial effects. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enteric infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine[218]. Berberine has also shown antitumour activity[218].

nrakta E. Asia - Bhutan ksacta Not known

propta Seed - best sown as soon as it is ripe in a cold frame, when it should germinate in late winter or early spring[78]. Seed from over-ripe fruit will take longer to germinate[78], whilst stored seed may require cold stratification and should be sown in a cold frame as early in the year as possible[80]. The seedlings are subject to damping off, so should be kept well ventilated[113]. When the seedlings are large enough to handle, prick them out into individual pots and grow them on in a cold frame. If growth is sufficient, it can be possible to plant them out into their permanent positions in the autumn, but generally it is best to leave them in the cold frame for the winter and plant them out in late spring or early summer of the following year. Cuttings of half-ripe wood, July/August in a frame. Cuttings of mature wood of the current season's growth, preferably with a heel, October/November in a frame[78].

nwatta Prefers a warm moist loamy soil and light shade but it is by no means fastidious, succeeding in thin, dry and shallow soils[11, 200]. Grows well in heavy clay soils. Hybridizes freely with other members of this genus[1]. Plants can be pruned back quite severely and resprout well from the base[200].

# 4.2.82 Tragopogon dubius

Yellow Salsify 4 tlin 8 cyuc 3 kcak 0 tcan 0 dwat 1 m hkuc htut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Tragopogon dubius is a ANNUAL/PERENNIAL growing to 1 m (3ft 3in). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower in May. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It cannot grow in the shade. It prefers moist soil.

kcakta Edible Parts: Leaves RootEdible Uses: Root-raw or cooked[105, 183]. Fleshy[177]. Young stems, when 5-10cm high, and the bases of the lower leaves-raw or cooked. Used as a potherb[183].

nrakta Europe to W. Asia - Austria and N. France eastwards. ksacta Fields in Turkey, 400 - 1840 metres[93]. propta Seed - sow spring in situ. Make sure to water the

seed in if the weather is dry.

nwatta Succeeds in ordinary garden soils, including heavy clays[200].

#### 4.2.83 Mahonia repens

Creeping Oregon Grape, Creeping barberry, Grape Oregon 4 tlin 8 cyuc 3 kcak 4 tcan 3 dwat 0.3 m hkuc hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flat-

priklwis hpa7tmwatli xre7t hjonli drutta Mahonia repens is an evergreen Shrub growing

to 0.3 m (1ft) by 2 m (6ft 7in) at a slow rate. See above for USDA hardiness. It is hardy to UK zone 6. It is in leaf all year, in flower from April to May. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

kcakta Edible Parts: Fruit OilEdible Uses: OilFruit - raw

or cooked[85, 183]. An acid flavour but it is rather nice raw, especially when added to muesli or porridge[K]. Unfortunately, there is relatively little flesh and a lot of seeds[K]. Used for making jams. jellies etc. They can also be made into a refreshing lemonade-like beverage[183]. When sugar is added, the fruit juice is similar to grape juice[212]. The fruit is about 9mm in diameter[200].

tcanta Dye Oil Soil stabilizationA yellow dye is obtained from the inner bark of the stem and roots[155, 257]. It is green[168]. Dark green, violet and dark blue-purple dyes are obtained from the fruit[168]. A green dye is obtained from the leaves[168]. Plants form suckers freely, making a good dense ground cover[11, 200], though they can be slow to become established[197] and will need weeding for their first few years after planting out[K]. The sub-species M. repens rotundifolia has been especially recommended[197]. A useful plant for preventing soil erosion on slopes[155].

dwatta Alterative Anaphrodisiac Antibacterial Antiseptic Antitumor Cholagogue Depurative Diuretic Dysentery Expectorant Febrifuge Laxative Salve TonicThe root and root bark is alterative, anaphrodisiac, antiseptic, cholagogue, depurative, diuretic, expectorant, febrifuge, laxative and tonic[4, 238]. It improves the digestion and absorption and is taken internally in the treatment of coughs, fevers, psoriasis, syphilis, haemorrhages, stomach complaints, kidney problems and impure blood conditions[4, 238, 257]. Externally, it is used as an antiseptic and healing wash or poul-tice on wounds and rheumatic joints[257]. The roots are harvested in late autumn or early spring and dried for later use[238]. A poultice of the fresh berries has been applied to boils[257]. Berberine, universally present in rhizomes of Mahonia species, has marked antibacterial effects[218] and is used as a bitter tonic[213]. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enteric infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine[218]. Berberine has also shown antitumour activity[218]. The root and root bark are best harvested in the autumn[213].

nrakta Western N. America. ksacta Hills and slopes, often in partial shade[85], usually on dry slopes[155]. propta Seed - best sown as soon as it is ripe in a cold frame[78]. It usually germinates in the spring[K]. 'Green' seed (harvested when the embryo has fully developed but before the seed case has dried) should be sown as soon as it is harvested and germinates within 6 weeks[K]. Stored seed should be sown as soon as possible in late winter or spring. 3 weeks cold stratification will improve its germination, which should take place in 3 - 6 months at 10°c. Prick out the seedlings when they are large enough to handle and grow them on in a cold frame for at least their first winter. Plant them out in late spring or early summer. Division of suckers in spring[78]. Whilst they can be placed direct into their permanent positions, better results are achieved if they are potted up and placed in a frame until established[11]. Leaf cuttings in the autumn.

nwatta Landscape Uses:Border, Erosion control, Ground cover, Massing. An easily grown plant, it thrives in any good garden soil[11], preferring one on the dryish side. Grows well in heavy clay soils. Succeeds in the light shade of trees[K]. This species is hardy to about -15°c if growing in a sheltered position[184]. Established plants sucker freely and form quite dense thickets[200]. The flowers are scented[245]. Resistant to honey fungus[88]. Special Features: North American native, Attractive flowers or blooms. The plant is heat tolerant in zones 8 through 3. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. An evergreen. A clumping plant, forming a colony from shoots away from the crown but with a limited spread [1-2]. The root pattern is stoloniferous rooting from creeping stems above the ground [1-2].

# 4.2.84 Tussilago farfara

Coltsfoot

4 tlin 8 cyuc 3 kcak 3 tcan 3 dwat 0.2 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli fyifxre7t hjonli

drutta Tussilago farfara is a PERENNIAL growing to 0.2 m (0ft 8in) by 1 m (3ft 3in) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 5. It is in flower from February to April, and the seeds ripen from March to May. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees, flies. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerate maritime exposure.

pcista The plant contains traces of liver-affecting pyrrolizidine alkaloids and is potentially toxic in large doses[222]. These alkaloids have not proved toxic at low dosages in tests and there is no suggestion that this plant should not be used medicinally[238]. Contraindicated during pregnancy and lactation [301]

kcakta Edible Parts: Flowers Leaves OilEdible Uses: Oil Salt TeaFlower buds and young flowers - raw or cooked[46, 183]. A pleasant aniseed flavour[K], they add a distinctive aromatic flavour to salads[9]. Young leaves - raw or cooked[9, 46, 183]. They can be used in salads, added to soups, or cooked as a vegetable[238]. The leaves have a bitter taste unless they are washed after being boiled[179]. An aromatic tea is made from the fresh or dried leaves and flowers[183]. It has a liquorice-like flavour[238]. The dried and burnt leaves are used as a salt substitute[102, 183]. The slender rootstock is candied in sugar syrup[183].

tcanta Compost Oil Soil stabilization Stuffing TinderThe soft down on the underside of the leaves is used as a stuffing material[53, 54]. When wrapped in a rag, dipped in saltpetre and dried in the sun it makes an excellent tinder[4].

Plants have an extensive root system and are used to stabilize banks[200]. The leaves are a valuable addition to the compost heap[200].

compost heap[200].

dwatta Antitussive Astringent Bitter Demulcent Diaphoretic Eczema Emollient Expectorant Skin Stimulant TonicAn effective demulcent and expectorant herb, coltsfoot is one of the most popular European remedies for the treatment of a wide range of chest complaints[254]. It is widely available in health food shops. The leaves are commonly used in Europe, though the flowering stems (which contain higher levels of pyrrolizidine alkaloids) are preferred in China[254]. They are rich in mucilage and are the main parts used, though the root is also sometimes employed[4, 244]. Pyrrolizidine alkaloids have a toxic effect upon the liver, but are largely destroyed when the plant is boiled to make a decotion[254]. Some caution should be employed in the use of this remedy - the flowers should not be used except under

professional supervision, the leaves should not be used for more than 4 - 6 weeks at a time, the herb should not be taken whilst pregnant or breast-feeding and it should not be given to children under the age of six[254]. Modern research has shown that extracts of the whole plant can increase immune resistance[254]. In a Chinese trial 75% of patients suffering from bronchial asthma showed some improvement after treatment with this plant, though the anti-asthmatic effect was short-lived[254]. The leaves are harvested in June and early July, the flowers are harvested when fully open and the root is harvested in the autumn. All can be dried and used as required[4]. The plant is antitussive, astringent, demulcent, emollient, expectorant, stimulant and tonic. It is widely used in the treatment of coughs and respiratory problems[4, 7, 9, 13, 21, 54, 165, 176, 218] and is often candied so that it can be sucked as a sweet[4]. The plant is of particular use in the treatment of chronic emphysema and silicosis, helping to relieve the persistent cough associated with these con-ditions[244]. Coltsfoot is particularly effective when used in combination with liquorice (Glycyrrhiza species), thyme (Thymus vulgaris) and wild cherry (Prunus serotina)[254]. A

poultice of the flowers has a soothing effect on a range of skin disorders including eczema, ulcers, sores, bites and inflammations[7, 238]. A bitter, tonic and diaphoretic preparation can be obtained from the root[7].

nrakta Europe, including Britain, from Norway south and east to N. Africa, western and northern Asia. ksacta Damp habitats, frequently on alkaline clays, in hedgebanks, roadsides, wasteland, often as a pioneer, and on dunes and shingle in coastal zones[200].

propta Seed - the plant does not usually require help with spreading itself around, but if required the seed can be

purpular seed to the plant does not usually require help with spreading itself around, but if required the seed can be sown in situ in early spring or autumn. Division of the roots is very easy and succeeds at almost any time in the year. The divisions can be planted out direct into their permanent positions.

nwatta A very easily grown plant, it succeeds in most

soils when grown in full sun[14]. It prefers a moist neutral to alkaline soil and will also succeed in partial shade[238]. Plants are hardy to about -29°c[238]. Coltsfoot is a very tough plant that is more than capable of looking after itself. When well sited its roots will spread very freely sending up new shoots at some distance from the clump even if growing amongst dense weed competition[K]. This can make it a problem weed in gardens[200], so either choose your site with care or find some means of restraining it such as by planting in a large tub that is buried in the ground[K]. The rhizomes can lay dormant in the soil for many years, emerging when the soil is disturbed[200]. In garden design, as well as the above-ground architecture of a plant, root structure considerations help in choosing plants that work together for their optimal soil requirements including nutrients and water. The root pattern is rhizomatous with underground stems sending roots and shoots along their length [2-1].

#### 4.2.85 Mentha arvensis

Corn Mint, Wild mint

4 tlin 8 cyuc 3 kcak 3 tcan 2 dwat 0.5 m hkuc hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flat-

priklwis hpa7tmwatli xre7t hjonli

drutta Mentha arvensis is a PERENNIAL growing to 0.5 m (1ft 8in) by 1 m (3ft 3in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower

from May to October, and the seeds ripen from July to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

pcista Although no records of toxicity have been seen for this species, large quantities of some members of this genus, especially when taken in the form of the extracted essential oil, can cause abortions so some caution is advised. kcakta Edible Parts: LeavesEdible Uses: Condiment

TeaLeaves - raw or cooked. A reasonably strong minty flavour with a slight bitterness, they are used as a flavouring in salads or cooked foods[5, 172, 183]. A herb tea is made from the fresh or dried leaves[21, 183]. An essential oil from the plant is used as a flavouring in sweets and beverages[183]. The leaves contain about 0.2% essential oil[218]. tcanta Essential Repellent StrewingThe plant is used as

tcanta Essential Repellent StrewingThe plant is used as an insect repellent[18, 20, 99]. Rats and mice intensely dislike the smell of mint. The plant was therefore used in homes as a strewing herb and has also been spread in granaries to keep the rodents off the grain[244]. The leaves also repel various insects[257]. An essential oil is obtained from the plant[238]. The yield from the leaves is about 0.8%[240]. The sub-species M. arvensis piperascens produces the best oil, which can be used as a substitute for, or adulterant of, peppermint oil[238]. Yields of up to 1.6% have been obtained from this sub-species[240].

dwatta Anaesthetic Antiphlogistic Antiseptic Antispas-

modic Aromatic Cancer Carminative Diaphoretic Emmena-

gogue Febrifuge Galactofuge Salve Stimulant Stomachic-

Corn mint, like many other members of this genus, is often

used as a domestic herbal remedy, being valued especially for its antiseptic properties and its beneficial effect on the

digestion. Like other members of the genus, it is best not

used by pregnant women because large doses can cause an

abortion. The whole plant is anaesthetic, antiphlogistic, antispasmodic, antiseptic, aromatic, carminative, diaphoretic, emmenagogue, galactofuge, refrigerant, stimulant and stomachic[147, 172, 218]. A tea made from the leaves has traditionally been used in the treatment of fevers, headaches, digestive disorders and various minor ailments[222]. The leaves are a classical remedy for stomach cancer[218]. Another report says that this species is not very valuable medicinally[4]. The leaves are harvested as the plant comes into flower and can be dried for later use[238]. The essential oil in the leaves is antiseptic, though it is toxic in large doses[222].

nrakta Europe, including Britain, from Scandanavia with a contraction of the second contraction of the second

south and east to Spain, N. Asia and the Himalayas. ksacta Arable land, heaths, damp edges of woods[5, 17]. propta Seed - sow spring in a cold frame. Germination

propta Seed - sow spring in a cold frame. Germination is usually fairly quick. Prick out the seedlings into individual pots when they are large enough to handle and plant them out in the summer. Mentha species are very prone to hybridisation and so the seed cannot be relied on to breed true. Even without hybridisation, seedlings will not be uniform and so the content of medicinal oils etc will vary. When growing plants with a particular aroma it is best to propagate them by division[K]. Division can be easily carried out at almost any time of the year, though it is probably best done in the spring or autumn to allow the plant to establish more quickly. Virtually any part of the root is capable of growing into a new plant. Larger divisions can be planted out direct into their permanent positions. However, for maximum increase it is possible to divide the roots up into sections no more than 3cm long and pot these up in light shade in a cold frame. They will quickly become established and can be planted out in the summer.

nwatta An easily grown plant, it succeeds in most soils and situations so long as the soil is not too dry[1, 16, 200]. This species tolerates much drier conditions than other members of the genus[238]. Prefers a slightly acid soil[16]. Grows well in heavy clay soils. A sunny position is best for production of essential oils, but it also succeeds in partial shade. Plants are hardy to at least -15°c[238]. Most mints have fairly aggressive spreading roots and, unless you have the space to let them roam, they need to be restrained by some means such as planting them in containers that are buried in the soil[K]. Hybridizes freely with other members of this genus. Polymorphic[200]. The whole plant has a very

strong, almost oppressive, smell of mint[245]. The flowers are very attractive to bees and butterflies[24]. A good companion plant for growing near brassicas and tomatoes, helping to deter insect pests[20]. Members of this genus are rarely if ever troubled by browsing deer[233]. For polyculture design as well as the above-ground architecture (form-tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a runner spreading indefinitely by rhizomes or stolons [1-2]. The root pattern is rhizomatous with underground stems sending roots and shoots along their length [1-2]. The root pattern is stoloniferous rooting from creeping stems above the ground [1-2].

### 4.2.86 Juniperus communis nana

Juniper

4 tlin 10 cyuc 3 kcak 4 tcan 3 dwat 0.5 m hkuc hmimhtut cyutli hgatkyuctcup hwicli hyishrasjlutnyikfrip hpa7tli frusflatpriklwisslip hpa7tmwatli nyanhjen hjonli

drutta Juniperus communis nana is an evergreen Shrub growing to 0.5 m (1ft 8in) by 1 m (3ft 3in) at a slow rate. See above for USDA hardiness. It is hardy to UK zone 2 and is not frost tender. It is in leaf all year, in flower from May to June, and the seeds ripen in October. The species is dioecious (individual flowers are either male or female, but only one sex is to be found on any one plant so both male and female plants must be grown if seed is required). and is pollinated by Wind. The plant is not self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very acid and very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil and can tolerate drought. The plant can tolerate maritime exposure.

pcista Although the fruit of this plant is quite often used medicinally and as a flavouring in various foods and drinks, large doses of the fruit can cause renal damage. Juniper should not be used internally in any quantities by pregnant women[65, 165].

kcakta Edible Parts: FruitEdible Uses: Coffee Condiment TeaFruit - raw or cooked[2, 5, 9, 15]. It is usually dried [12]. The fruit is often used as a flavouring in sauerkraut, stuffings, vegetable pates etc, and is an essential ingredient of gin[183]. The aromatic fruit is used as a pepper substitute according to one report[183]. An essential oil is sometimes distilled from the fruit to be used as a flavouring[183]. Average yields are around 1%[7]. The cones are about 4 - 8mm in diameter and take 2 years to mature[200]. Some caution is advised when using the fruit, see the notes above on toxicity. The roasted seed is a coffee substitute[177]. A tea is made by boiling the leaves and stems[161]. A tea made from the berries has a spicy gin-like flavour[183].

tcanta Fibre Fuel Hair Incense Repellent Resin Strewing TinderA decoction of the branches is used as an anti-dandruff shampoo[172]. Yields the resin 'Sandarac', used in the production of a white varnish[74]. The stems were at one time used as a strewing herb[14]. The whole plant can be burnt as an incense and fumigant[66, 102, 146]. It makes a good insect repellent[102, 172]. The bark is used as cordage[61] and as a tinder[172]. An excellent fuel wood[66]. Many forms of this species are good ground cover plants for sunny situations[208].

dwatta Antiseptic Aromatic Carminative Diaphoretic Diuretic Rubefacient Stomachic Tonic UrinaryJuniper fruits are
commonly used in herbal medicine, as a household remedy, and also in some commercial preparations. They are
especially useful in the treatment of digestive disorders
plus kidney and bladder problems[4]. The fully ripe fruits
are strongly antiseptic, aromatic, carminative, diaphoretic,
strongly diuretic, rubefacient, stomachic and tonic[4, 7, 9,
21, 46, 165, 240, 254]. They are used in the treatment
of cystitis, digestive problems, chronic arthritis, gout and
rheumatic conditions[254]. They can be eaten raw or used in
a tea[222], but some caution is advised since large doses can
irritate the urinary passage[4]. Externally, it is applied as
a diluted essential oil, having a slightly warming effect upon
the skin and is thought to promote the removal of waste products from underlying tissues[254]. It is, therefore, helpful
when applied to arthritic joints etc[254]. The fruits should

not be used internally by pregnant women since this can cause an abortion[9]. The fruits also increase menstrual bleeding so should not be used by women with heavy periods[254]. When made into an ointment, they are applied to exposed wounds and prevent irritation by flies[4]. The essential oil is used in aromatherapy. Its keyword is 'Toxin elimination'[210].

nrakta Northern temperate zone, incl Britain, south to the mountains of N. Africa, Himalayas and California ksacta Rocks and moors on mountains and lowland bogs in N. Wales, N. England and Scotland[17].

propta The seed requires a period of cold stratification. The seed has a hard seedcoat and can be very slow to germinate, requiring a cold period followed by a warm period and then another cold spell, each of 2 - 3 months duration[78, 81]. Soaking the seed for 3 - 6 seconds in boiling water may speed up the germination process[11]. The seed is best sown as soon as it is ripe in a cold frame. Some might germinate in the following spring, though most will take another year. Another possibility is to harvest the seed 'green' (when the embryo has fully formed but before the seedcoat has hardened). The seedlings can be potted up into individual pots when they are large enough to handle. Grow on in pots until large enough, then plant out in early summer. When stored dry, the seed can remain viable for several years[1]. Cuttings of mature wood, 5 - 10cm with a heel, September/October in a cold frame. Plant out in the following autumn[1, 78]. Layering in September/October. Takes 12 months[78].

nwatta Succeeds in hot dry soils and in poor soils. Succeeds in most soils so long as they are well drained[186], preferring a neutral or slightly alkaline soil. Does well in chalky soils[1]. Grows well in heavy clay soils. Tolerates a pH range from 4 to 8[186]. Succeeds in light woodland but dislikes heavy shade[186]. Established plants are very tolerant of drought[186]. Although the fully dormant plant is cold-tolerant throughout Britain, the young growth in spring can be damaged by late frosts. A very polymorphic species, there is a huge range of cultivars of widely diverse habits[11, At least some forms tolerate maritime exposure[186], there is a thriving colony in an exposed position at Land's End in Cornwall[81]. Seed takes 2 - 3 years to ripen on the plant[11]. Plants are usually very slow growing, often only a few centimetres a year[186]. Resists honey fungus[88]. Plants are sometimes attacked by a rust, this fungus has an aecidial stage on hawthorn (Crataegus spp.)[1]. Dioecious. Male and female plants must be grown if seed is required. In garden design, as well as the above-ground architecture of a plant, root structure considerations help in choosing plants that work together for their optimal soil requirements including nutrients and water. The root pattern is flat with shallow roots spreading near the soil surface [2-1].

#### 4.2.87 Mentha arvensis villosa

American Wild Mint

4 tlin 8 cyuc 3 kcak 0 tcan 2 dwat 0.6 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Mentha arvensis villosa is a PERENNIAL growing to 0.6 m (2ft) by 1 m (3ft 3in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista Although no records of toxicity have been seen for this species, large quantities of some members of this genus, especially when taken in the form of the extracted essential oil, can cause abortions so some caution is advised.

kcakta Edible Parts: LeavesEdible Uses: Condiment TeaLeaves - raw or cooked. Fragrant and pleasant tasting, the leaves are used as a flavouring in salads or cooked foods[183, 257]. A herb tea is made from the leaves[183, 257].

tcanta Essential Repellent StrewingThe plant is used as an insect repellent[18, 20, 99]. Rats and mice intensely dislike the smell of mint. The plant was therefore used in homes as a strewing herb and has also been spread in granaries to keep the rodents off the grain[244]. An essential oil is obtained from the leaves, it is used as a flavouring for tooth-pastes etc[61]. It contains thymol and pulegone[213].

dwatta Antiseptic Carminative Febrifuge StomachicAmerican wild mint, like many other members of this genus, is often used as a domestic herbal remedy, being valued especially for its antiseptic properties and its beneficial effect on the digestion. Like other members of the genus, it is best not used by pregnant women because large doses can cause an abortion. A decoction of the ground leaves and stems is used to treat feelings of nausea[213]. The tea is also used in the treatment of colds, fevers, sore throats, gas, colic, indigestion etc[222]. The leaves are harvested as the plant comes into flower and can be dried for later use[238]. The essential oil in the leaves is antiseptic, though it is toxic in large doses[222].

nrakta N. America - New Brunswick to Manitoba, British Columbia, Virginia, New Mexico and Nevada. ksacta Moist places at low to moderate elevations[204].

propta Seed - sow spring in a cold frame. Germination is usually fairly quick. Prick out the seedlings into individual pots when they are large enough to handle and plant them out in the summer. Mentha species are very prone to hybridisation and so the seed cannot be relied on to breed true. Even without hybridisation, seedlings will not be uniform and so the content of medicinal oils etc will vary. When growing plants with a particular aroma it is best to propagate them by division[K]. Division can be easily carried out at almost any time of the year, though it is probably best done in the spring or autumn to allow the plant to establish more quickly. Virtually any part of the root is capable of growing into a new plant. Larger divisions can be planted out direct into their permanent positions. However, for maximum increase it is possible to divide the roots up into sections no more than 3cm long and pot these up in light shade in a cold frame. They will quickly become established and can be planted out in the summer.

nwatta An easily grown plant, it succeeds in most soils and situations so long as the soil is not too dry[1, 16, 200]. This species tolerates much drier conditions than other members of the genus[238]. Prefers a slightly acid soil[16]. Grows well in heavy clay soils. A sunny position is best for production of essential oils, but it also succeeds in partial shade. Plants are hardy to at least -15°c[238]. Most mints have fairly aggressive spreading roots and, unless you have the space to let them roam, they need to be restrained by some means such as planting them in containers that are buried in the soil[K]. The whole plant has a very strong smell of mint[245]. Hybridizes freely with other members of this genus. The flowers are very attractive to bees and butterflies[24]. A good companion plant for growing near brassicas and tomatoes, helping to deter insect pests[20]. Members of this genus are rarely if ever troubled by browsing deer[233].

#### 4.2.88 Mentha arvensis piperascens

Japanese Mint

4 tlin 8 cyuc 3 kcak 0 tcan 2 dwat 0.5 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatprikl-

wis hpa7tmwatli xre7t hjonli

drutta Mentha arvensis piperascens is a PERENNIAL growing to 0.5 m (1ft 8in) by 1 m (3ft 3in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from May to October, and the seeds ripen from July to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista Although no records of toxicity have been seen for this species, large quantities of some members of this genus, especially when taken in the form of the extracted essential oil, can cause abortions so some caution is advised.

kcakta Edible Parts: LeavesEdible Uses: Condiment TeaLeaves - raw or cooked. Used as a flavouring in salads or cooked foods[5, 172, 183], they have a strong taste of peppermint[238]. A herb tea is made from the fresh or dried leaves[21, 183]. An essential oil from the plant is used as a

flavouring in sweets and beverages [183]. The leaves contain about 0.2% essential oil [218].

tcanta Essential Repellent StrewingThe plant is used as an insect repellent[18, 20, 99]. Rats and mice intensely dislike the smell of mint. The plant was therefore used in homes as a strewing herb and has also been spread in granaries to keep the rodents off the grain[244]. An essential oil is obtained from the plant[238]. It can be used as a substitute for, or adulterant of, peppermint oil[238]. Yields of up to 1.6% have been obtained[240].

dwatta Anaesthetic Antiphlogistic Antiseptic Antispasmodic Aromatic Cancer Carminative Diaphoretic Emmenagogue Febrifuge Galactofuge Salve Stimulant Stomachic-Japanese mint, like many other members of this genus, is often used as a domestic herbal remedy, being valued especially for its essential oil[279] which has antiseptic properties and a beneficial effect on the digestion. Like other members of the genus, it is best not used by pregnant women because large doses can cause an abortion. The whole plant is anaesthetic, antiphlogistic, antispasmodic, antiseptic, aromatic, carminative, diaphoretic, emmenagogue, galactofuge, refrigerant, stimulant, stomachic and vasodilator[147, 172, 218, 279]. A tea made from the leaves has traditionally been used in the treatment of fevers, headaches, digestive disorders and various minor ailments[222,279]. The leaves are a classical remedy for stomach cancer[218]. The essential oil in the leaves is antiseptic, though it is toxic in large doses[222].

nrakta E. Asia - China, Japan and Korea. ksacta Wet grasslands near rivers and lakes at elevations of 200 - 1100 metres in China[266].

propta Seed - sow spring in a cold frame. Germination is usually fairly quick. Prick out the seedlings into individual pots when they are large enough to handle and plant them out in the summer. Mentha species are very prone to hybridisation and so the seed cannot be relied on to breed true. Even without hybridisation, seedlings will not be uniform and so the content of medicinal oils etc will vary. When growing plants with a particular aroma it is best to propagate them by division[K]. Division can be easily carried out at almost any time of the year, though it is probably best done in the spring or autumn to allow the plant to establish more quickly. Virtually any part of the root is capable of growing into a new plant. Larger divisions can be planted out direct into their permanent positions. However, for maximum increase it is possible to divide the roots up into sections no more than 3cm long and pot these up in light shade in a cold frame. They will quickly become established and can be planted out in the summer.

nwatta An easily grown plant, it succeeds in most soils and situations so long as the soil is not too dry[1, 16, 200]. This species tolerates much drier conditions than other members of the genus[238]. Prefers a slightly acid soil[16]. Grows well in heavy clay soils. A sunny position is best for production of essential oils, but it also succeeds in partial shade. Plants are hardy to at least -15°c[238]. Most mints have fairly aggressive spreading roots and, unless you have the space to let them roam, they need to be restrained by some means such as planting them in containers that are buried in the soil[K]. The whole plant has a very strong scent of peppermint[245]. Hybridizes freely with other members of this genus. Polymorphic[200]. The flowers are very attractive to bees and butterflies[24]. A good companion plant for growing near brassicas and tomatoes, helping to deter insect pests[20]. Members of this genus are rarely if ever troubled by browsing deer[233].

### 4.2.89 Brassica oleracea gongylodes

Kohl Rabi

4 tlin 8 cyuc 3 kcak 0 tcan 1 dwat 0.5 m hkuc

hmimhtut cyutli hgattcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Brassica oleracea gongylodes is a BIENNIAL growing to 0.5 m (1ft 8in) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from May to August, and the seeds ripen from July to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in

heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil and can tolerate drought. The plant can tolerate maritime exposure.

kcakta Edible Parts: Leaves StemEdible Uses: Leaves cooked[142]. Used as a vegetable, though the quality is not as good as cabbage. The young leaves can also be added to salads, though some people find them difficult to digest. A nutritional analysis is available[218]. Stem - raw or cooked. The plant produces a swollen stem just above ground level, and this is often used as a root vegetable[K]. It has a mild cabbage flavour, when finely grated it makes a good addition to mixed salads and, when cooked, is an excellent vegetable[K]. It is best eaten whilst fairly small and tender, between golf ball and tennis ball size. It becomes coarse with age[33, 116, 142]. A nutritional analysis is available[218].

dwatta Digestive TonicThe leaf is digestive and tonic[218].

nrakta A cultivated form of B. oleracea, not known in the wild. ksacta Not known in the wild.

propta Seed - sow April to August in situ. Earlier sowings can be made under cloches.

nwatta Succeeds in full sun in a well-drained fertile preferably alkaline soil[200]. Succeeds in any reasonable soil, though it is best not grown in an acid soil[16, 33]. Tolerates a pH in the range 4.5 to 7.5. Prefers some shade and plenty of moisture in the growing season[20, 37]. Established plants are drought tolerant but the best stems are formed when the plant does not go short of moisture[20, 37]. Succeeds in maritime gardens[200]. Very winter hardy, kohl rabi withstands severe frosts and so can be left in the ground all winter in most areas and be harvested as required. The young growing plant, however, is sensitive to low temperatures and a week at 10°c will cause the plants to bolt[200]. It grows best at a temperature between 18 and 25°c[200]. Kohl rabi is often cultivated for its edible swollen stem which can be available almost all year round from successional sowings. There are several named varieties and stem colour can range from white to green and purple[200]. Green forms are faster to mature and so more suitable for early sowings, the purple forms are hardier and later to mature, they are used mainly for winter crops[200]. Very fast growing, the stems of some cultivars can be harvested 6 - 8 weeks after sowing[33]. The plant is more tolerant of drought and high temperatures than turnips, which it resembles in flavour, and so it is often grown as a substitute for that species[200]. Grows well with onions, beet and aromatic herbs which seem to reduce insect predations[18, 20, 201]. Plants also grow well with cucumbers, the roots of each species occupying different levels in the soil[201]. Grows badly with strawberries, runner beans and tomatoes[18, 20, 201].

#### 4.2.90 Monarda didyma

Bergamot, Scarlet beebalm, Horsemint, Oswego Tea, Bee Balm

4 tlin 10 cyuc 3 kcak 3 tcan 2 dwat 0.9 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Monarda didyma is a PERENNIAL growing to 0.9 m (3ft) by 0.5 m (1ft 8in) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in leaf from April to October, in flower from June to September, and the seeds ripen from August to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. The plant is self-fertile. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: Flowers Leaves ShootsEdible Uses: Condiment TeaLeaves and young shoot tips - raw or cooked. They are used as a flavouring in salads, fruit salads, drinks etc[46, 61, 105, 183]. Flowers - raw. They are added as an attractive garnish to salads[183, 238, 244]. An excellent aromatic tea is made from the fresh or dried leaves and flower heads[21, 46, 105, 183]. The leaves give an Earl Grey flavour to China tea[238].

tcanta Companion Essential Pot-pourriLandscape Uses: Border, Container, Massing, Rock garden, Specimen. Attracts birds, North American native, Edible, Fragrant foliage, Invasive, Naturalizing, Attracts butterflies, Suitable for cut flowers, Suitable for dried flowers, Fragrant flowers. Yields an essential oil, used in perfumery, as a hair tonic etc[46, 61]. The dried leaves and flowers are used to scent and add colour to pot-pourri[238]. Brings hummingbirds.

dwatta Anthelmintic Carminative Diuretic Expectorant Febrifuge Rubefacient Stimulant UrinaryBergamot is often used as a domestic medicine, being particularly useful in the treatment of digestive disorders. The leaves and flowering stems are anthelmintic, carminative, diuretic, expectorant, febrifuge, rubefacient and stimulant[4, 222]. An infusion is used in the treatment of flatulent colic and sickness, it is also used as a diuretic to treat urinary disorders[4, 238]. The leaves can be harvested before the plant flowers, or they can be harvested with the flowering stems. They can be used fresh or dried[238]. An essential oil from the herb is mainly used externally as a rubefacient in the treatment of rheumatism etc[4].

nrakta Eastern N. America - New York to Michigan, south to Georgia and Tennessee. ksacta Moist soils[235] in rich woods, thickets and bottom lands[43].

propta Seed - sow mid to late spring in a cold frame. Germination usually takes place within 10 - 40 days at 20°c. When large enough to handle, prick the seedlings out into individual pots and plant them out into their permanent positions in early summer. The seed can also be sown in situ in late summer in areas where the winters are not too severe and will produce larger plants. Cuttings of soft basal shoots in spring. Harvest the shoots with plenty of underground stem when they are about 8 - 10cm above the ground. Pot them up into individual pots and keep them in light shade in a cold frame or greenhouse until they are rooting well. Plant them out in the summer. Division in spring or autumn. Very easy, large divisions can be planted out direct into their permanent positions. We have found that it is better to pot up the smaller divisions and grow them on in light shade in a cold frame until they are well established before planting them out in late spring or early summer.

nwatta Easily grown in ordinary garden soil so long as it is not too dry[1, 200]. Grows well in heavy clay soils. Requires a moist soil and a sunny position[4, 200]. Prefers some shade[4] but succeeds in a sunny position so long as the soil does not dry out. Provide light shade in hotter zones. Plants are hardy to at least -25°c[187]. The flowers are rich in nectar and are very attractive to bees[4, 55, 244]. A good companion plant, it grows well with tomatoes[14, 20]. Bergamot is a very ornamental and aromatic plant, it is often grown in the herb garden, there are some named varieties[183, 233]. The leaves, stems and roots carry a delicious aromatic orange-like perfume when crushed[245]. Plants are subject to mildew in dry summers[200]. Special Features: The plant is heat tolerant in zones 10 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a runner spreading indefinitely by rhizomes or stolons [1-2]. The root pattern is rhizomatous with underground stems sending roots and shoots along their length [1-2].

### 4.2.91 Tragopogon porrifolius

Salsify

4 tlin 8 cyuc 3 kcak 0 tcan 2 dwat 0.6 m hkuc htut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Tragopogon porrifolius is a BIENNIAL growing to 0.6 m (2ft). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from June to August, and the seeds ripen from July to September.

The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It cannot grow in the shade. It prefers moist soil. The plant can tolerates strong winds but not maritime exposure.

kcakta Edible Parts: Flowers Leaves Root Seed StemEdible Uses: GumRoot - raw or cooked[2, 5, 27, 33, 37, 89]. The young root can be grated in salads[12], older roots are best cooked[183]. The flavour is mild and sweet, and is said to resemble oysters[183, K]. The roots are harvested as required from October until early spring, or can be harvested in late autumn and stored until required[4]. Young shoots raw or cooked[2, 12, 27, 33, 37, 52, 183]. The new growth is used in spring. A sweet taste[200]. Flowering shoots raw or cooked[200]. Used like asparagus. Flowers - raw. Added to salads[183]. The sprouted seeds can be added to salads or sandwiches[183]. The root latex is used as a chewing gum[61, 105, 161, 183].

dwatta Antibilious Aperient Deobstruent DiureticSalsify is a cleansing food with a beneficial effect upon the liver and gallbladder[254]. The root is antibilious, slightly aperient, deobstruent and diuretic[4, 21]. It is specific in the treatment of obstructions of the gall bladder and jaundice[240] and is also used in the treatment of arteriosclerosis and high blood pressure[254]. Naturalized in

nrakta Europe - Mediterranean. Naturalized in Britain[17]. ksacta Found near the sea and estuaries in S.E. England[17]. propta Seed - sow in situ as early in the year as possi-

ble, in March if weather conditions permit[4]. Seed sowings often fail unless the soil is kept moist until the seedlings are growing well[4].

nwatta Succeeds in ordinary garden soils, including heavy clays[4, 200]. Plants do not grow well in stony soils[4]. Prefers an open situation[37] and a cool moist root run[14, Salsify is occasionally cultivated in the garden for its edible root[2, 89], there are some named varieties[183]. Grows well with mustard[20].

#### 4.2.92Hosta longipes

4 tlin 8 cyuc 3 kcak 3 tcan 0 dwat 0.3 m hkuc pcimhmimhtut cyutli hgattcup hwicli hrasjlutnyikfrip hpa7tli

flatpriklwis hpa7tmwatli xre7t hjonli

drutta Hosta longipes is a PERENNIAL growing to 0.3 m (1ft) by 1 m (3ft 3in). See above for USDA hardiness. It is hardy to UK zone 4 and is not frost tender. It is in flower from July to September, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs). Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in full shade (deep woodland) semi-shade (light woodland) or no shade. It prefers moist soil and can tolerate drought.

kcakta Edible Parts: Leaves StemEdible Uses: Young leaves and leaf stems - cooked. Sourish[105]. A very acceptable taste, but somewhat fibrous[K].

tcanta A good ground cover plant, succeeding in dense shade.

nrakta E. Asia - Japan, Korea. ksacta Usually found growing on trees or rocks in the wild[251].

propta Seed - sow spring in a lightly shaded position in a greenhouse and only just cover the seed. Germination usually takes place within 1 - 3 months at 10°c. Make sure you keep the compost moist. When they are large enough to handle, prick the seedlings out into individual pots and grow them on in the greenhouse for at least their first winter. Plant them out into their permanent positions in late spring or early summer, after the last expected frosts. Division is possible at almost any time of the year so long as there is sufficient moisture[233]. It is best carried out in March as growth commences or in early autumn if the soil is not too dry[200]. Hostas can be left undivided for many years and should not be divided any more frequently than once every 3 5 years to allow the leaves to reach maturity[200].

nwatta Thrives in most fertile soils if they are rich in humus[200]. Grows well in heavy clay soils and in sandy ones[208]. Very limy soils inhibit growth, but plants can thrive in such a situation if plenty of humus is added[208]. Prefers a pH between 6 and 7[200]. Requires a rich soil that does not dry out readily[1]. Another report says that once established it is drought tolerant[187]. Does well in the semi-shade of a woodland[200] also succeeding in deeper shade[187]. In general, the sunnier the position the moister the soil should be[233]. Plants are best not grown under trees in town gardens since the soot washed from the leaves of the trees in wet weather will tend to remain on the hosta[208]. Plants flower better when grown in a sunny position but the foliage is better when the plant is in a shady position[200]. Plants are in general fully hardy in Britain, but young leaves in spring can be destroyed by frost. New leaves are only produced in the spring and very early summer, so any damage at this time has a deep effect on the plant[233]. A vigorous plant, forming medium sized clumps. The roots travel extensively[200]. Members of this genus are rarely if ever troubled by browsing deer or rabbits[233]. Plants are very attractive to slugs and snails, the young shoots in spring are especially at risk[111, K]. Hybridizes freely with other members of this genus, especially with H. kikuti[200].

#### 4.2.93 Primula veris

Cowslip, Cowslip primrose

4 tlin 8 cyuc 3 kcak 0 tcan 3 dwat 0.3 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatprikl-

wisslip hpa7tmwatli fyifxre7t hjonli drutta Primula veris is a PERENNIAL growing to 0.3 m

(1ft) by 0.2 m (0ft 8in). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from April to May, and the seeds ripen from July to August. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees, Lepidoptera (Moths and Butterflies). The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist

pcista Some people are allergic to the stamens of this plant, though such cases are easily treated[7]. Saponins may cause hypotension. Excessive/prolonged use may interfere with high blood pressure treatments. Possible Gastrointestinal irritation [301].

kcakta Edible Parts: Flowers LeavesEdible Uses: TeaYoung leaves - raw or cooked in soups etc[4, 7, 115, 148, 183]. They are not that tasty, but are available in late winter which adds somewhat to their value[K]. The fresh or dried leaves are used as a tea substitute[177, 183]. Flowers - raw, cooked or used in conserves, as a garnish etc[4, 183]. They make an ornamental addition to the salad bowl[238, K]. This species has become much less common in the past 100 years due to habitat destruction, over-collecting from the wild and farming practices. When it was more abundant, the flowers were harvested in quantity in the spring and used to make a tasty wine with sedative and nervine properties[238]. A related species Primula elatior is listed by the Council of Europe as a natural food flavouring [301].

dwatta Anodyne Antianxiety Antiecchymotic Antiinflammatory Antispasmodic Diaphoretic Diuretic Expectorant Sedative SternutatoryCowslips are an underused but valuable medicinal herb. They have a very long history of medicinal use and have been particularly employed in treating conditions involving spasms, cramps, paralysis and rheumatic pains[238]. The plant contains saponins, which have an expectorant effect, and salicylates which are the main ingredient of aspirin and have anodyne, anti-inflammatory and febrifuge effects[238]. This remedy should not be prescribed for pregnant women, patients who are sensitive to aspirin, or those taking anti-coagulant drugs such as warfarin[238]. The flowers and the leaves are anodyne, diaphoretic, diuretic and expectorant[7, 9, 21, 165]. They are harvested in the spring and can be used fresh or dried[238]. The yellow corolla of the flower is antispasmodic and sedative[4]. They are recommended for treating over-activity and sleeplessness, especially in children[254]. They are potentially valuable in the treatment of asthma and other allergic conditions[254]. At one time an oil was produced by maceration of the flowers, this has an antiecchymotic effect (treats bruising)[7]. The root contains 5 - 10% triterpenoid saponins which are strongly expectorant, stimulating a more liquid mucous and so easing the clearance of phlegm [254]. It has been dried and made into a powder then used as a sternutatory[7]. The root is also mildly diuretic, antirheumatic and slows the clotting of blood[9, 254]. It is used in the treatment of chronic coughs (especially those associated with chronic bronchitis and catarrhal congestion), flu and other febrile conditions[9]. The root can be harvested in the spring or autumn and is dried for later use[9]. The leaves have similar medicinal properties to the roots but are weaker in action[254]. A homeopathic remedy is made from the plant[9]. It is used in the treatment of kidney complaints and catarrh[9]. The German Commission E Monographs, a therapeutic guide to herbal medicine, approve Primula veris for cough/bronchitis (see [302] for critics of commission E).

nrakta Europe, including Britain but absent from the extreme north, to temperate Asia. ksacta Grassy places, fields and woods with calcareous soils[7, 9, 13, 24].

propta Seed - best sown as soon as it is ripe in a cold frame[133]. Sow stored seed in early spring in a cold frame[1]. Germination is inhibited by temperatures above 20°c[200]. When they are large enough to handle, prick the seedlings out into individual pots and plant them out in the summer. Division in autumn. This is best done every other year[200]. nwatta Prefers a medium to heavy moisture retentive

humus rich loam in a cool position with light to medium shade[200]. Grows well in heavy clay soils and on chalk[187]. Prefers full sun and a well-drained alkaline soil if it is to survive well[187, 238]. Plants are hardy to about -20°c[187]. A very ornamental plant[1], it grows well in the spring meadow[24]. The flowers diffuse a sweet fragrance quite unlike all other flower scents. It has been likened by some to the breath of a cow (cuslippe is the Saxon word for this and thus the origin of the common name), by others to the sweet milky breath of a tiny child[245].

# 5 tlin

### 5.0.1 Cornus kousa chinensis

Japanese Dogwood

5 tlin 8 cyuc 5 kcak 2 tcan 0 dwat 10 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Cornus kousa chinensis is a deciduous Tree growing to 10 m (32ft) by 6 m (19ft). See above for USDA hardiness. It is hardy to UK zone 5. It is in flower in June, and the seeds ripen in September. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

koakta Edible Parts: Fruit LeavesEdible Uses: Fruit -raw or cooked[61, 177]. Sweet and juicy[11, 183], it is very nice in small quantities[K]. Very seedy[105]. The skin is rather tough and unpleasant, but the pulp is delicious with a custard-like texture[K]. This fruit gained very high marks from a group of 7 people in a fruit-tasting visit to various gardens[K]. The fruit is about 2cm in diameter[200]. Young leaves - cooked[105, 177, 183].

tcanta WoodWood - very hard and heavy. Used for mallets etc[151].

nrakta E. Asia - China. ksacta Thickets, 1200 - 2200 metres[109].

propta Seed - best sown as soon as it is ripe in a cold frame or in an outdoors seedbed if there is sufficient seed[80, 113]. The seed must be separated from the fruit flesh since this contains germination inhibitors[80, 164]. Stored seed should be cold stratified for 3 - 4 months and sown as early as possible in the year[164]. Scarification may also help as may a period of warm stratification before the cold stratification[80, 164]. Germination, especially of stored seed, can be very slow, taking 18 months or more[164]. Prick out the seedlings of cold-frame sown seeds into individual pots as soon as they are large enough to handle and grow the plants on for their first winter in a greenhouse, planting out in the

spring after the last expected frosts. Cuttings of half-ripe side shoots, July/August in a frame[188]. Cuttings of mature wood of the current year's growth, taken with a heel if possible, autumn in a cold frame. High percentage[78]. Layering of new growth in June/July. Takes 9 months[78].

nwatta An easily grown plant, it succeeds in any soil of good or moderate fertility[1], ranging from acid to shallow chalk[200]. Does not like chalky soils according to other reports[184, 188]. Grows well in heavy clay soils. Prefers a rich well-drained loamy soil and a position that is at least partially sunny[11]. A very ornamental plant[1], it is hardy to about -20°c[184]. A number of named forms have been developed for their ornamental value[182]. Plants are slowgrowing when young, they speed up somewhat after a few years but then soon slow down again[202]. This sub-species of C. kousa grows more freely, flowering and fruiting better in Britain though it barely differs in appearance from the species[11]. Plants in this genus are notably resistant to honey fungus[200].

#### 5.0.2 Cornus kousa

Japanese Dogwood, Kousa dogwood, Chinese Dogwood, 5 tlin 8 cyuc 5 kcak 2 tcan 0 dwat 10 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatprikl-

wis hpa7tmwatli xre7t hjonli drutta Cornus kousa is a deciduous Tree growing to 10 m (32ft) by 6 m (19ft) at a slow rate. See above for USDA hardiness. It is hardy to UK zone 5. It is in flower in June, and the seeds ripen from September to October. The species

is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: Fruit LeavesEdible Uses: Fruit raw or cooked[61, 177]. Sweet and juicy[11, 183], it is very nice in small quantities[K]. Very seedy[105]. The skin is rather tough and unpleasant, but the pulp is delicious with a custard-like texture, it is one of our favourite late summer fruits[K]. The fruit is about 2cm in diameter[200]. Young leaves - cooked[105, 177, 183]. tcanta WoodWood - very hard and heavy. Used for mal-

lets etc[151].

nrakta E. Asia - China, Japan, Korea. ksacta Woods and scrub in the mountains of Sichuan[109]. Valleys, shaded slopes, by streams and roadsides, in mixed, sparse, and dense woods at elevations of 400 - 2200 metres[266].

propta Seed - best sown as soon as it is ripe in a cold frame or in an outdoors seedbed if there is sufficient seed[80, 113]. The seed must be separated from the fruit flesh since this contains germination inhibitors[80, 164]. Stored seed should be cold stratified for 3 - 4 months and sown as early as possible in the year[164]. Scarification may also help as may a period of warm stratification before the cold stratification[80, 164]. Germination, especially of stored seed, can be very slow, taking 18 months or more[164]. Prick out the seedlings of cold-frame sown seeds into individual pots as soon as they are large enough to handle and grow the plants on for their first winter in a greenhouse, planting out in the spring after the last expected frosts. Cuttings of half-ripe side shoots, July/August in a frame[188]. Cuttings of mature wood of the current year's growth, taken with a heel if possible, autumn in a cold frame. High percentage[78]. Layering of new growth in June/July. Takes 9 months[78].

nwatta Landscape Uses:Pest tolerant, Specimen, Woodland garden. An easily grown plant, it succeeds in any soil of good or moderate fertility, from acid to slightly alkaline but dislikes shallow chalky soils[184, 188]. Grows well in heavy clay soils. Prefers a rich well-drained loamy soil and a position that is at least partially sunny[11]. A very ornamental plant[1], it is hardy to about -20°c[184]. A number of named forms have been developed for their ornamental value[182]. Plants are slow-growing when young, they speed up somewhat after a few years but then soon slow down again[202]. The sub-species of C. kousa chinensis grows more freely, flowering and fruiting better in Britain though it barely differs in appearance from the species[11]. This species has been known to hybridize with C. capitata[182]. The cultivar 'Norman Hadden' could be such a hybrid[182]. Plants in this genus are notably resistant to honey fungus[200]. Special Features: Attracts birds, Not North American native, Blooms are very showy. The plant is heat tolerant in zones 8 through 5. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the aboveground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a standard with a non-suckering single trunk [1-2].

### 5.0.3 Crataegus pennsylvanica

5 tlin 9 cyuc 5 kcak 0 tcan 2 dwat 9 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus pennsylvanica is a deciduous Tree growing to 9 m (29ft 6in). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower in May, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Fruit - raw or cooked. A very good size fruit, up to 25mm in diameter, with a lovely semi-sweet flavour even when semi-ripe, it makes a delicious dessert[K]. It is also sometimes made into jellies[82] and can be dried for later use. The fruit is borne in clusters of 4- 12 and is very easily harvested[82, K]. There are up to five fairly large seeds in the centre of each fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82]. dwatta Although no specific mention has been seen for

twatta Arthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta Eastern N. America - Delaware to Pennsylvanica and W. Virginia. ksacta Open woods and thickets in moist fertile soils[43]. Meadows in low, moist soils[82].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but

undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. This species has a good potential as a fruit crop in Britain. It regularly produces heavy crops of high quality, the tree is very easily grown and is little troubled by pests or diseases. It also requires very little attention, once the trees are established virtually the only work needed is to harvest the fruit each year[K]. A tree about 5 metres tall and wide at Kew fruits regularly and very heavily[K]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11].

### 5.0.4 Crataegus arnoldiana

Arnold Hawthorn

5 tlin 9 cyuc 5 kcak 0 tcan 2 dwat 7 m hkuc hmimhtut cyutli hgatkyuctcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus arnoldiana is a deciduous Tree growing to 7 m (23ft). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower in May, and the seeds ripen from August to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[105, 177]. Sub-acid[82]. A delicious flavour, it is sweet with a soft juicy flesh and makes an excellent dessert fruit[K]. It can also be cooked and used in pies, preserves etc and can be dried for later use. The fruit ripens in early September in southern Britain[K]. The fruit is about 2cm in diameter[K]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta North-eastern N. America - Massachusetts and Connecticut. ksacta Wooded banks[43]. Thickets on a dry bank[82].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest

the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

Next A very easily grown plant, it prefers a well-

drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. This is a tree with an excellent potential as a fruit crop in Britain. The fruit is of very good quality and is freely borne, whilst the tree is of very easy cultivation and rarely troubled by pests or diseases[K]. A tree at the Hillier Arboretum in September 1993 was about 3 metres tall and 1.5 metres wide. The growth looked somewhat weak and the tree was leaning due to wind rock but it was carrying a heavy crop of fruit[K]. Seedling trees take from 5 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. freshly open, the flowers have more pleasant scent with balsamic undertones[245]. A very ornamental plant[1], it is very closely related to C. mollis, and considered to be part of that species by many botanists[229]. Hybridizes freely with other members of this genus[200]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11].

# 5.0.5 Crataegus ellwangeriana

Scarlet Hawthorn 5 tlin 7 cyuc 5 kcak 2 tcan 2 dwat 6 m hkuc

hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus ellwangeriana is a deciduous Tree growing to 6 m (19ft) by 6 m (19ft). See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower in May, and the seeds ripen from August to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. Juicy and acid[82]. An excellent dessert fruit, it has an acid yet sweet flavour, is juicy but with a mealy texture, it makes very pleasant eating[K]. The fruit can also be used in making pies, preserves etc, and can be dried for later use. A reasonable size, it is about 15mm in diameter[200]. A specimen at Kew has fruits up to 25mm in diameter[K]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it

to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta Eastern N. America. ksacta Not known in the wild, it is possibly of hybrid origin.

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a welldrained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Hybridizes freely with other members of this genus[200]. This species is possibly of hybrid origin, involving C. pedicellata, though some botanists view it as no more than part of C. pedicellata[82]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. A very ornamental plant[11].

### 5.0.6 Prunus insititia

Damson

5 tlin 9 cyuc 5 kcak 3 tcan 1 dwat 6 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Prunus insititia is a deciduous Tree growing to 6 m (19ft) by 5 m (16ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 5. It is in flower in April, and the seeds ripen in October. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees, insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerates strong winds but not maritime exposure.

pcista Although no specific mention has been seen for this species, it belongs to a genus where most, if not all members of the genus produce hydrogen cyanide, a poison that gives almonds their characteristic flavour. This toxin is found mainly in the leaves and seed and is readily detected by its bitter taste. It is usually present in too small a quantity to do any harm but any very bitter seed or fruit should not be eaten. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: Fruit SeedEdible Uses: Fruit - raw or cooked[1, 2, 46]. More acid than a plum but it is very acceptable raw when fully ripe, especially after being touched by frost[12, 34, K]. The fruit is about 3cm in diameter and contains one large seed[200]. Seed - raw or cooked. Do not eat the seed if it is too bitter - see the notes above on toxicity.

tcanta Dye Hedge Hedge ShelterbeltA green dye can be obtained from the leaves[168]. A dark grey to green dye can be obtained from the fruit[168]. Trees are fairly wind resistant and can be grown as a shelterbelt hedge[200].

dwatta Febrifuge Purgative StypticThe bark of the root and branches is febrifuge and considerably styptic[4]. An infusion of the flowers has been used as a mild purgative for children[4]. Although no specific mention has been seen for this species, all members of the genus contain amygdalin and prunasin, substances which break down in water to form hydrocyanic acid (cyanide or prussic acid). In small amounts this exceedingly poisonous compound stimulates respiration,

improves digestion and gives a sense of well-being[238]. nrakta S. W. Asia. Naturalized and often considered a native of Britain. ksacta Thickets, hedges and open woods[4, 17].

propta Seed - requires 2 - 3 months cold stratification and is best sown in a cold frame as soon as it is ripe[200]. Sow stored seed in a cold frame as early in the year as possible[200]. Protect the seed from mice etc. The seed can be rather slow, sometimes taking 18 months to germinate[113]. Prick out the seedlings into individual pots when they are large enough to handle. Grow them on in a greenhouse or cold frame for their first winter and plant them out in late spring or early summer of the following year. Cuttings of half-ripe wood with a heel, July/August in a frame[11, 200]. Softwood cuttings from strongly growing plants in spring to early summer in a frame[200]. Layering in spring.

nwatta Requires a well-drained moisture retentive soil[1, 11]. Succeeds in light shade but fruits better in a sunny position[11, 200]. Thrives in a loamy soil, doing well on limestone[11]. Grows well in heavy clay soils. Prefers some chalk in the soil but apt to become chlorotic if too much is present[1]. Occasionally cultivated for its edible fruit, there are some named varieties[200]. It has been derived in cultivation from the bullace, differing in having a sweeter fruit[200]. Damsons can be grown successfully against a north facing wall[219]. Most members of this genus are shallow-rooted and will produce suckers if the roots are damaged[238]. Plants in this genus are notably susceptible to honey fungus[200]. Prunus insititia L. is a synonym of Prunus domestica subsp. insititia (L.) Bonnier and Layens For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. A sprouting standard sending up shoots from the base [1-2].

#### **5.0.7** Crataegus schraderana

Blue hawthorn

5 tlin 9 cyuc 5 kcak 0 tcan 2 dwat 6 m hkuc

hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus schraderana is a deciduous Tree growing to 6 m (19ft 8in). It is not frost tender. It is in flower in June, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Fruit - raw or cooked[74]. A reasonable size, about 15 - 20mm in diameter[K]. This is one of the nicest tasting fruits of the genus I have tried to date. When fully ripe it is juicy with an extremely pleasant flavour and almost literally melts in the mouth[K]. I would far rather eat this fruit than a strawberry[K]. It ripens in late September and hangs on the tree in good condition for at least 4 weeks[K]. The ripe fruit is so soft that it is best eaten fresh from the tree[K]. The fruit can also be used in making pies, preserves etc, and can be dried for later use. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82]. dwatta Although no specific mention has been seen for

this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be effica-cious[222]. It is normally used either as a tea or a tincture[222].

nrakta S. Europe - Greece. ksacta Mountainous areas[50].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. This species has an excellent potential as a fruit crop in Britain. The fruit is about the size of a cherry, it is very freely borne and the best forms are of excellent dessert quality[K]. The tree is very easily grown and is little troubled by pests or diseases. It also requires very little attention, once the trees are established virtually the only work needed is to harvest the fruit each year[K]. Grafted specimens can produce fruit in their third year[K]. A very ornamental plant[74], it grows well in Britain flowering and fruiting well at Kew and Wisley[K]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Hybridizes freely with other members of this genus[200]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11].

#### 5.0.8 Prunus domestica italica

Gages, Greengage

5 tlin 8 cyuc 5 kcak 2 tcan 2 dwat 5 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli hjonli

drutta Prunus domestica italica is a deciduous Tree growing to 5 m (16ft) by 4 m (13ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 6. The flowers are pollinated by Bees, Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista Although no specific mention has been seen for this species, it belongs to a genus where most, if not all members of the genus produce hydrogen cyanide, a poison that gives almonds their characteristic flavour. This toxin is found mainly in the leaves and seed and is readily detected by its bitter taste. It is usually present in too small a quantity to do any harm but any very bitter seed or fruit should not be eaten. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: Flowers Fruit Oil SeedEdible Uses: OilFruit - raw or cooked. Often considered to be the finest of the dessert plums, they have a delicious flavour[K]. The greengages. The usually green, globose fruit is usually 30 - 400mm in diameter. Seed - raw or cooked. Do not eat the seed if it is too bitter - see the notes above on toxicity. An edible gum is obtained from points of damage on the trunk[64]. The seed contains about 20% of an edible semi-drying oil[4]. The flowers are eaten. They are used as a garnish for salads and ice cream or brewed into a tea[183].

tcanta Adhesive Cosmetic Dye Oil WoodA green dye can be obtained from the leaves [168]. A dark grey to green dye can be obtained from the fruit [168]. A yellow dye is obtained from the bark [115]. A gum obtained from points of damage along the stem can be used as an adhesive [64]. The ground up seeds are used cosmetically in the production of face-masks for dry skin [7]. A semi-drying oil is obtained from the seed [64]. No details of its uses. The reddish-brown wood is very close-grained, hard, compact. Liable to warp and split. It is used for musical instruments [115, 146].

dwatta Digestive Febrifuge Laxative Purgative Stomachic StypticThe dried fruit, known as prunes, is a safe and effective laxative and is also stomachic [4,7,21,238]. The bark is sometimes used as a febrifuge and is styptic [4,7]. An infusion of the flowers has been used as a mild purgative for children [4]. Although no specific mention has been seen for this species, all members of the genus contain amygdalin and prunasin, substances which break down in water to form hydrocyanic acid (cyanide or prussic acid). In small amounts this exceedingly poisonous compound stimulates respiration, improves digestion and gives a sense of well-being [238].

nrakta A cultivated plant, not known in the wild. ksacta

Not known in a truly wild situation

propta Seed - requires 2 - 3 months cold stratification and is best sown in a cold frame as soon as it is ripe [200]. Sow stored seed in a cold frame as early in the year as possible [200]. Protect the seed from mice etc. The seed can be rather slow, sometimes taking 18 months to germinate [113]. Prick out the seedlings into individual pots when they are large enough to handle. Grow them on in a greenhouse or cold frame for their first winter and plant them out in late spring or early summer of the following year. The various cultivars of plum are unlikely to breed true (though the green forms of the gage generally do) - they will usually produce a range of plants from seed with differing characteristics from their parent, Cuttings of half-ripe wood with a heel, mid summer in a frame [11, 200]. Softwood cuttings from strongly growing plants in spring to early summer in a frame [200]. Layering in spring.

nwatta The greengages are a group of cultivars of the common European plum. Gages are often cultivated as a fruit crop, especially in western Europe. Of excellent quality, though their delicate skins makes it difficult to get them to market in good condition and so they are more likely to be grown on a garden scale or be used for canning etc. Prunus domestica subsp. italica requires a well-drained moisture retentive soil [1, 11]. Succeeds in light shade but fruits better in a sunny position [11 , 200 ]. Thrives in a loamy soil, doing well on limestone [11 ]. Grows well in heavy clay soils. Prefers some chalk in the soil but apt to become chlorotic if too much is present [1]. The various gages are often cultivated for their edible fruits, especially on a garden scale. There are some named varieties [200]. The gage was first developed from the plum in the Middle East, later spreading via France into much of western Europe. Its cultivation has spread into most temperate regions, though it is often only grown on a small scale because of the difficulty

of getting it to market in good condition. Most members of this genus are shallow-rooted and will produce suckers if the roots are damaged [238]. Plants in this genus are notably susceptible to honey fungus [200 ]. In garden design, as well as the above-ground architecture of a plant, root structure considerations help in choosing plants that work together for their optimal soil requirements including nutrients and water. The root pattern is flat with shallow roots spreading near the soil surface [2-1]. Prunus domestica italica is a deciduous shrub or a tree usually growing 2 6 metres tall, occasionally to 15 metres. We can infer from its cultivation that the species grows optimally in areas with cold winters and long warm summers as vernalisation is required for flowering. The species can tolerate frost, however, when this occurs after flowering the fruit quality is poor (Lim 2002). Widely grown cultivars include: Boddarts Reneclode (Germany), Bryanston (UK), Cambridge Gage (UK), Canerik (Turkey), Denniston's Superb (USA), Gojeh Sabz (Iran), Yasil Alça or Göy Alça (Azerbaijan), Golden Transparent (UK), Graf Althanns Reneklode (Germany), Green Vanilla (Mount Pelion, Greece), Große Grüne Reneklode (Germany) / Reine Claude Verte (France), Laxton's Gage (UK), Laxton's Supreme (UK), Meroldts Reneclode (Germany), Rainha Cláudia (Portugal), Regina Claudia (Italy), Reine Claude de Bavay (France), Reine Claude d'Oullins (France), Uhinks Reneklode (Germany), Washington (USA).

### 5.0.9 Allium ampeloprasum

Wild Leek, Broadleaf wild leek 5 tlin 9 cyuc 5 kcak 2 tcan 3 dwat 1.8 m hkuc htut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Allium ampeloprasum is a BULB growing to 1.8 m (6ft) by 0.1 m (0ft 4in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in leaf from October to August, in flower from July to August, and the seeds ripen in August. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees, insects. Suitable for: light (sandy), medium (loamy) and heavy clay soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It cannot grow in the shade. It prefers dry or moist soil. The plant can tolerates strong winds but not maritime exposure.

pcista Although no individual reports regarding this

pcista Atthough no individual reports regarding this species have been seen, there have been cases of poisoning caused by the consumption, in large quantities and by some mammals, of certain members of this genus. Dogs seem to be particularly susceptible[76].

kcakta Edible Parts: Flowers Leaves RootEdible Uses:

Reakta Fullile Fatts: Filowers Leaves Robertainle Oses:
Bulb - raw or cooked[2, 27, 61, 105]. The small bulbs can
vary considerably in size from 2 - 6cm[200], they have a
fairly strong leek to garlic flavour and are nice as a flavouring in cooked foods[K]. The bulbs of selected cultivars are
very large with a mild garlic flavour[183]. Leaves - raw or
cooked[2]. A pleasant mild to strong garlic flavour, they are
available from late autumn to the spring though they can become rather tough and fibrous as they get older[K]. Flowers
- raw. A similar flavour to the leaves but they have a somewhat dry texture and are best used as a flavouring in cooked
foods[K]. The bulbils have a mild garlic flavour and make a
nice flavouring in salads and cooked foods. Although produced abundantly, they are quite fiddly to use because they
are small[K]. They can also be pickled[142].

tcanta RepellentThe juice of the plant is used as a moth repellent. The whole plant is said to repel insects and moles[20].

dwatta Anthelmintic Antiasthmatic Anticholesterolemic Antiseptic Antispasmodic Cholagogue Diaphoretic Diuretic Expectorant Febrifuge Stimulant Stings Stomachic Tonic VasodilatorThis species has the same medicinal virtues as garic, but in a much milder and less effective form[238]. These virtues are as follows:- Garlic has a very long folk history of use in a wide range of ailments, particularly ailments such as ringworm, Candida and vaginitis where its fungicidal, antiseptic, tonic and parasiticidal properties have proved of benefit[218]. It is also said to have anticancer activity[218]. Daily use of garlic in the diet has been shown to have a very beneficial effect on the body, especially the blood system and the heart. For example, demographic studies suggest that

garlic is responsible for the low incidence of arteriosclerosis in areas of Italy and Spain where consumption of the bulb is heavy[222]. The bulb is said to be anthelmintic, antiasthmatic, anticholesterolemic, antiseptic, antispasmodic, cholagogue, diaphoretic, diuretic, expectorant, febrifuge, stimulant, stomachic, tonic, vasodilator[4, 9, 14, 21, 46, 165]. The crushed bulb may be applied as a poultice to ease the pain of bites, stings etc[4, 9, 14, 21].

nrakta S. Europe to W. Asia. Possibly native in Britain in S.W. England and Wales[17]. ksacta Rocky places near the coast in S.W. England and Wales[17].

propta Seed - best sown as soon as it is ripe in a cold frame, though it can also be sown in a cold frame in the spring[200]. Prick out the seedlings into individual pots when they are large enough to handle. Well-grown plants can be planted out into their final positions in late summer or the autumn, otherwise grow them on for a further year in pots and plant them out the following summer. Division in late summer or early autumn. Dig up the bulbs when the plants are dormant and divide the small bulblets at the base of the larger bulb. Replant immediately, either in the open ground or in pots in a cold frame. Bulbils - plant out as soon as they are ripe in late summer. The bulbils can be planted direct into their permanent positions, though you get better results if you pot them up and plant them out the following spring.

nwatta Prefers a sunny position in a light well-drained soil[1]. Prefers a dry position[45]. Succeeds in clay soils[203]. Tolerates a pH in the range 5.2 to 8.3. The bulbs should be planted fairly deeply[1]. The wild leek is a rare native of Britain, found only in the south-west and Wales, though it should be hardy in most parts of the country. It comes into growth in the autumn, dying down in the summer, and makes a very pleasant winter leaf, either raw or cooked. It is a rather variable plant, especially in the amount of flowers and bulbils produced. The species produces mainly flowers with almost no bulbils, whilst the sub-species A. ampeloprasum babbingtonii (Babbington's Leek) produces lots of bulbils and almost no flowers[17]. The cultivated leek (A. ampeloprasum porrum) is believed to have been developed from this plant whilst, in Germany and Italy, other forms have been selected for their edible bulbils[142]. Allium ampeloprasum comprises several vegetables, of which the most important ones are: leek, elephant garlic or great-headed garlic, pearl onion, kurrat, Egyptian leek or salad leek, and Persian leek (Allium ampeloprasum ssp. persicum). The cultivar 'Perizweibel' is often used, the bulbils are solid rather than made up of layers and are popularly used for making pickles[183]. This cultivar does not set seed[183]. Another cultivated form of this plant produces very large, mild-garlic flavoured bulbs that are up to 500g in weight[183]. They are known as elephant garlic[183]. The wild leek grows well with most plants, especially roses, carrots, beet and chamomile, but it inhibits the growth of legumes[18, 20, 54]. This plant is a bad companion for alfalfa, each species negatively affecting the other[201]. Members of this genus are rarely if ever troubled by browsing deer[233]. For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a clumper with limited spread [1-2]. The root pattern is a bulb.

#### Allium schoenoprasum 5.0.10

Chives, Wild chives, Flowering Onion 5 tlin 11 cyuc 5 kcak 3 tcan 2 dwat 0.3 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli fyifxre7t hjonli

drutta Allium schoenoprasum is a BULB growing to 0.3 m (1ft) by 0.3 m (1ft in) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in leaf from February to December, in flower from June to July, and the seeds ripen from July to August. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees, flies, Lepidoptera (Moths and Butterflies). The plant is self-fertile. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils.

It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista Although no individual reports regarding this species have been seen, there have been cases of poisoning caused by the consumption, in very large quantities and by some mammals, of certain members of this genus. Dogs seem to be particularly susceptible[76].

kcakta Edible Parts: Flowers Leaves RootEdible Uses: Leaves - raw, cooked or dried for later use. The leaves have a mild onion flavour and are an excellent addition to mixed salads, they can also be used as a flavouring in soups etc[2, 4, 5, 9, 27, 33]. The leaves are often available from late winter and can continue to produce leaves until early the following winter, especially if they are in a warm, sheltered position[K]. A good source of sulphur and iron[201]. A nutritional analysis is available[218]. The bulbs are rather small, and rarely exceed 10mm in diameter[200]. They can be harvested with the leaves still attached and be used as spring onions[K]. They have a pleasant mild onion flavour. The flowers can be used as a garnish in salads etc[183]. The flowers of this species are rather dry and less desirable than the flowers of many other species[K].

tcanta Fungicide RepellentLandscape Uses: Border, Container, Massing, Rock garden, Forest Garden. The juice of the plant is used as an insect repellent, it also has fungicidal properties and is effective against scab, mildew etc[14, 18, 20, 201]. The growing plant is said to repel insects and moles[14, 20, 200]. Dynamic accumulator. Ground cover.nectary, Ground Cover. Aromatic.

dwatta Appetizer Digestive Hypotensive TonicThe whole plant has a beneficial effect on the digestive system and the blood circulation. It improves the appetite, is digestive, hypotensive and tonic[201]. It has similar properties to garlic (A. sativum), but in a much milder form, and it is rarely used medicinally[238].

nrakta Most of Europe, including Britain, east to the Himalayas and Japan. ksacta Rocky pastures and damp meadows, preferring calcareous soils[17, 90]. propta Seed - sow spring in a cold frame. Germination

is usually free and easy, pot up the seedlings as soon as they are large enough to handle easily and plant out in the following spring. Division can be carried out at almost any time of the year but is probably best done in spring. The clumps should be divided at least every 3 or 4 years in order to maintain vigour[200], the divisions can be planted out direct into their permanent positions.

nwatta An easily grown plant[203], it prefers a sunny position in a rich moist but well-drained soil[14, 37], though it succeeds in most soils[1, 37, 200] and also in light shade[203]. Grows well in heavy clay soils[203]. Tolerates a pH in the range 5.2 to 8.3. Chives are commonly cultivated in the garden for their edible leaves which are available from late winter to the beginning of the following winter[K]. The bulbs divide rapidly and large clumps are quickly formed. There are some named varieties[183, 200, 203]. Chives are very tolerant of heavy harvesting, regular cutting of the leaves ensures a continuous supply of young leaves and prevents the plants flowering[33]. Plants can be moved into a frame or other protected environment in the autumn and will then produce leaves throughout the winter[33]. Do not do this every year or it weakens the plants. The bulbs should be planted fairly deeply[1]. A good bee plant[24]. Grows well with most plants, especially roses, carrots, beet and chamomile, but it inhibits the growth of legumes[18, 20, 54]. Helps to reduce the incidence of scab when it is grown under apple trees[201]. This plant is a bad companion for alfalfa, each species negatively affecting the other[201]. Members of this genus are rarely if ever troubled by browsing deer[233]. Special Features: North American native, Edible, Fragrant foliage, Invasive, Naturalizing, Attracts butterflies, Suitable for cut flowers, Suitable for dried flowers, Fragrant flowers. The plant is heat tolerant in zones 12 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the aboveground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a clumper with limited spread [1-2]. The root pattern is a bulb.

#### 5.0.11 Sorbus torminalis

Wild Service Tree, Checkertree

5 tlin 9 cyuc 4 kcak 2 tcan 0 dwat 20 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatprikl

wis hpa7tmwatli xre7t hjonli

drutta Sorbus torminalis is a deciduous Tree growing to 20 m (65ft 7in) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower in June, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerates strong winds but not maritime exposure.

pcista The seeds probably contain hydrogen cyanide. This is the ingredient that gives almonds their characteristic flavour. Unless the seed is very bitter it should be perfectly safe in reasonable quantities. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[2, 5, 11, 74, 115, 183]. The taste is best after a frost because it turns sweeter. The fruit can also be bletted if it is going to be eaten raw[3, 183]. This involves storing the fruit in a cool dry place until it is almost but not quite going rotten. At this stage the fruit has a delicious taste, somewhat like a luscious tropical fruit. Rich in vitamin C. The fruit is up to 1.5cm across[200] and is borne in bunches which makes it easier to harvest[K].

tcanta WoodWood - heavy, fine grained, polishes well. Used for turning, wood carving[74, 115].

nrakta Europe, from Britain and Denmark south and east to N. Africa, the Caucasus and W. Asia. ksacta Woods, usually on clay[186], sometimes on limestone[17].

propta Seed - best sown as soon as it is ripe in a cold frame[78, 80]. If you have sufficient seed it can be sown in an outdoor seedbed[78, 80]. Stored seed germinates better if given 2 weeks warm then 14 - 16 weeks cold stratification[98], so sow it as early in the year as possible. Prick out the seedlings into individual pots when they are large enough to handle. Seedlings are very slow to put on top-growth for their first year or two[11], but they are busy building up a good root system. It is best to keep them in pots in a cold frame for their first winter and then plant them out into their permanent positions in late spring.

nwatta Succeeds in most reasonably good soils so long as they are not too poor or acid, in an open sunny position[1, 11]. Prefers clay soils[3, 11]. Tolerates moderate shade[188], but does not fruit so well in such a position[K]. Grows best in the eastern half of Britain[121]. Plants are susceptible to fireblight[188]. Plants respond well to coppicing[186]. When found in a truly wild situation this species is considered to be an indication of primary woodland[200]. In garden design, as well as the above-ground architecture of a plant, root structure considerations help in choosing plants that work together for their optimal soil requirements including nutrients and water. The root pattern is branching: a heart root, dividing from the crown into several primary roots going down and out [2-1].

### 5.0.12 Acer saccharum grandidentatum

Big-Tooth Maple, Canyon Maple, Rocky Mountain Sugar Maple

5 tlin 8 cyuc 4 kcak 0 tcan 0 dwat 12 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli hjonli drutta Acer saccharum grandidentatum is a deciduous Tree growing to 12 m (39ft) by 8 m (26ft). See above for USDA hardiness. It is hardy to UK zone 3. It is in flower from April to May, and the seeds ripen in September. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: Inner bark Sap SeedEdible Uses: SweetenerThe sap is relatively rich in sugar and can be made into a drink or concentrated into a syrup by boiling off the water[1, 2, 11, 34, 57]. The syrup is used as a sweetener on many foods. It can be harvested in late winter or early spring[[142], the flow is best on a warm sunny day after a frost. Trees on southern slopes in sandy soils give the best yields. It is best to make a hole about 7cm deep and about 1.3 metres above the ground[171]. Yields of 40 - 100 litres per tree can be obtained[142]. The best sap production comes from cold-winter areas with continental climates. Seed - boiled then roasted[62, 105, 159]. The seed is about 6mm long and is produced in small clusters[82]. Inner bark cooked. It is dried, ground into a powder and then used as a thickening in soups etc or mixed with cereals when making bread[105, 161].

tcanta Fuel Preservative WoodThe leaves are packed around apples, rootcrops etc to help preserve them[18, 20]. Wood - close grained, tough, hard, heavy. Used for furniture, ship building, etc[46, 61, 82, 171]. It is a good fuel.

nrakta Western N. America - Rocky Mountains. ksacta Found in moist sites such as wet canyons, valleys and the banks of mountain streams at elevations of 1200 - 2100 metres[229].

propta Seed - best sown as soon as it is ripe in a cold frame, it usually germinates in the following spring. A lot of the seed is non-viable, it is best to cut a few open to see if there is an embryo[113]. An average of 95% germination can be achieved from viable seed[98]. Pre-soak stored seed for 24 hours and then stratify for 2 - 4 months at 1 - 8°c. It can be slow to germinate, sometimes taking two years[125]. The seed can be harvested 'green' (when it has fully developed but before it has dried and produced any germination inhibitors) and sown immediately. It should germinate in late winter. If the seed is harvested too soon it will produce very weak plants or no plants at all[80, 113]. When large enough to handle, prick the seedlings out into individual pots and grow them on until they are 20cm or more tall before planting them out in their permanent positions. Layering, which takes about 12 months, is successful with most species in this genus. Cuttings of young shoots in June or July. The cuttings should have 2 - 3 pairs of leaves, plus one pair of buds at the base. Remove a very thin slice of bark at the base of the cutting, rooting is improved if a rooting hormone is used. The rooted cuttings must show new growth during the summer before being potted up otherwise they are unlikely to survive the winter.

nwatta Landscape Uses:Firewood, Pest tolerant, Specimen, Street tree. Of easy cultivation, it prefers a good moist well-drained soil but succeeds on most soils[11, 98]. Chlorosis can often develop as a result of iron deficiency when the plants are grown in alkaline soils. Grows well in heavy clay soils. Trees need full light and a lot of space if they are to grow well[98]. Plants are hardy to about -45°c when fully dormant[160]. This species is not a great success in Britain[1], though it does better than once thought[11]. It grows well in Cornwall[59]. Slow growing when young[11]. Plants produce prodigious root growth but very little top growth in first year from seed[133]. A very ornamental tree[1] but a bad companion plant, inhibiting the growth of nearby plants[18, 20]. This species is commercially exploited in America for its sap[1, 11]. Along with A. saccharum and the sub-species A. s. nigrum it is the major source of maple syrup[11]. There are some named varieties[183]. The sap can be tapped within 10 - 15 years from seed but it does not flow so well in areas with mild winters[160]. Special Features: North American native, Inconspicuous flowers or blooms.

# 5.0.13 Pyrus pyrifolia

Sand Pear, Chinese pear

5 tlin 9 cyuc 4 kcak 0 tcan 1 dwat 10 m hkuc

hmimhtut cyutli hgattcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli drutta Pyrus pyrifolia is a deciduous Tree growing to 10

m (32ft 10in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower in April, and the seeds ripen in September. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil and can tolerate drought. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. Hard and gritty[11]. Firm crisp and juicy when fully ripe, they are eaten out of hand or used in fruit salads, pies or baked etc[183]. The fruit is up to 3cm long[200]. Up to 5cm in another report[194]. The average yield from wild trees in the Himalayas is 83kg per year, though some trees yield up to 200kg[194]. The fruit contains about 4.9% sugars, 3.2% protein, 0.9% pectin[194].

dwatta Antiseptic Astringent Febrifuge Nervine

PectoralAntiseptic, astringent, febrifuge, nervine, pectoral[178]. nrakta E. Asia - China. ksacta Warm rainy regions at el-

evations of 100 - 1400 metres in China[266]. Naturalized in low mountains and around villages in C. and S. Japan[58].

propta Seed - best sown in a cold frame as soon as it is ripe in the autumn, it will then usually germinate in mid to late winter. Stored seed requires 8 - 10 weeks cold stratification at 1°c and should be sown as early in the year as possible[200]. Temperatures over 15 - 20°c induce a secondary dormancy in the seed[200]. Prick out the seedlings into individual pots when they are large enough to handle and grow them on in light shade in a cold frame or greenhouse for their first year. Plant them out in late spring or early summer of the following year.

nwatta Prefers a good well-drained loam in full sun[200].

Grows well in heavy clay soils. Tolerates light shade but does not fruit so well in such a position. Tolerates atmospheric pollution, excessive moisture and a range of soil types if they are moderately fertile[200]. Established plants are drought tolerant[200]. Plants are hardy to at least -15°c[200]. A parent of the cultivated Asian pears[11]. In garden design, as well as the above-ground architecture of a plant, root structure considerations help in choosing plants that work together for their optimal soil requirements including nutrients and water. The root pattern is branching: a heart root, dividing from the crown into several primary roots going down and out [2-1].

### 5.0.14 Cornus officinalis

Shan Zhu Yu, Asiatic dogwood, Japanese Cornel Dogwood 5 tlin 8 cyuc 4 kcak 0 tcan 3 dwat 10 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatprikl-

nmimntut cyutii tcup nwicii nrasjiutnyikirip npa/tii iiatprik wisslip hpa7tmwatli xre7t hjonli

drutta Cornus officinalis is a deciduous Shrub growing to 10 m (32ft) by 10 m (32ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower from February to March, and the seeds ripen in September. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[105, 177]. The fully ripe fruit is quite pleasant but slightly astringent[K]. It is about 1.5cm long[200]. The fruit contains about 8.6% sugars, 2.9% malic acid, 0.74% ash[179].

asn[1/9]. dwatta Antibacterial Antifungal Antiperiodic Antiseptic Antitumor Astringent Diuretic Hepatic Hypotensive Malaria Tonic UrinaryShan Zhu Yu has been used for at least 2,000

years in Chinese herbal medicine. It is a herb that "stabilizes and binds" and is used principally to reduce heavy menstrual bleeding and unusually active secretions including copious sweating, excessive urine, spermatorrhoea and premature ejaculation[147, 238, 254]. Like all herbs that suppress bodily fluids (even excessive ones), it will simply prolong or lead to a worsening of symptoms if it is used without tonic or detoxifying herbs[254]. It is, therefore, normally used in combination with herbs such as Rehmannia glutinosa and is an ingredient of the "Pill of eight ingredients" which is used in China to "warm up and invigorate the yang of the loins"[254]. The fruit is antibacterial, antifungal, hypotensive, antitumor, astringent, diuretic, hepatic and tonic[116, 147, 176, 178, 238]. The fruit, without the seed, is decocted for the treatment of arthritis, fever and a wide range of other ailments[218, 279]. It is used in the treatment of senile lumbago, diabetes, cystitis, tinnitus etc[174, 254, 279]. The fruit has an antibacterial action, inhibiting the growth of Bacillus dysenteriae and Staphylococcus[176]. The fruit is harvested when fully ripe and is dried for later use[238]. The stem bark is astringent, antimalarial and tonic[218]. The plant is antibacterial, diuretic, hypotensive and a urinary antiseptic[218]. nrakta E. Asia - China, Japan, Korea. ksacta Woodland,

1200 - 1800 metres in W. China[109]. Mountains, slopes, forest margins and forests a elevations of 400 - 1500, occasionally to 2100 metres[266].

propta Seed - best sown as soon as it is ripe in a cold

propia seed - best sown as soon as it is ripe in a coid frame or in an outdoors seedbed if there is sufficient seed[80, 113]. The seed must be separated from the fruit flesh since this contains germination inhibitors[80, 164]. Stored seed should be cold stratified for 3 - 4 months and sown as early as possible in the year[164]. Scarification may also help as may a period of warm stratification before the cold stratification[80, 164]. Germination, especially of stored seed, can be very slow, taking 18 months or more[164]. Prick out the seedlings of cold-frame sown seeds into individual pots as soon as they are large enough to handle and grow the plants on for their first winter in a greenhouse, planting out in the spring after the last expected frosts. Cuttings of half-ripe side shoots, July/August in a frame. Cuttings of mature wood of the current year's growth, taken with a heel if possible, autumn in a cold frame. High percentage[78]. Layering of new growth in June/July. Takes 9 months[78].

nwatta Landscape Uses:Border, Massing, Standard, Specimen, Street tree. An easily grown plant, it succeeds in any soil of good or moderate fertility[1], ranging from acid to shallow chalk[200]. Grows well in heavy clay soils. Succeeds in full sun or light shade[[188]. A very ornamental plant[1], it is very closely related to C. mas[1, 11] but is more tree-like in its habit[K]. Plants in this genus are notably resistant to honey fungus[200]. Special Features: Attractive flowers or blooms.

# 5.0.15 Pyrus pyrifolia culta

Asian Pear 5 tlin 9 cvu

5 tlin 9 cyuc 4 kcak 0 tcan 1 dwat 10 m hkuc hmimhtut cyutli hgattcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli drutta Pyrus pyrifolia culta is a deciduous Tree growing

truttar yrus pyrnolar cuttar is a decludors free growing to 10 m (32ft 10in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower in April. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil and can tolerate drought. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[2, 105]. Crisp, juicy with a fine flavour[178]. The fruit contains about 6 - 9.5% sugar and up to 0.56% fruit acids[179].

dwatta Antiseptic Astringent Febrifuge Nervine PectoralAntiseptic, astringent, febrifuge, nervine, pectoral[178].

nrakta A cultivated form of P. pyrifolia. ksacta Not known in the wild.

propta Seed - best sown in a cold frame as soon as it is ripe in the autumn, it will then usually germinate in mid to late winter. Stored seed requires 8 - 10 weeks cold stratification at 1°c and should be sown as early in the year as possible[200]. Temperatures over 15 - 20°c induce a secondary dormancy in the seed[200]. Prick out the seedlings into individual pots when they are large enough to handle and grow them on in light shade in a cold frame or greenhouse for their first year. Plant them out in late spring or early summer of the following year. The seed of pear cultivars will not usually breed true to type.

nwatta Prefers a good well-drained loam in full sun[200]. Grows well in heavy clay soils. Tolerates light shade but does not fruit so well in such a position. Tolerates atmospheric pollution, excessive moisture and a range of soil types if they are moderately fertile[200]. Established plants are drought tolerant[200]. Plants are hardy to at least -15°c[200]. Cultivated for its edible fruit in China and Japan, there are many named varieties[183]. A hybrid between this plant and P. communis culta is more suitable for warmer climates[11].

# 5.0.16 Crataegus azarolus

Azarole

5 tlin 9 cyuc 4 kcak 0 tcan 2 dwat 10 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus azarolus is a deciduous Tree growing to 10 m (32ft 10in) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower in June. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked in pies, preserves etc[1, 2, 3, 11, 34, 183]. The fruit can be used fresh or dried for later use. A pleasant acid taste[89]. In warm temperate areas the fruit develops more fruit sugars and has a fragrant sugary pulp with a slightly acid flavour[183]. It can be eaten out of hand. In cooler zones, however, the fruit does not develop so well and is best cooked or used in preserves[183]. The fruit is very variable in size and colour, it is up to 25mm in diameter[200]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82]. dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta S. Europe to W. Asia. ksacta Dry hillsides and mountains in woods and hedges[50].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year,

planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a welldrained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. The azarole has long been cultivated for its edible fruit in S. Europe, though it is now going out of favour[3, 11]. There are some named varieties[46]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Hawthorns in general hybridize freely with other members of the genus[200]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11].

#### 5.0.17 Prunus cerasifera

Cherry Plum, Myrobalan Plum, Newport Cherry Plum, Pissard Plum

5 tlin 8 cyuc 4 kcak 3 tcan 1 dwat 9 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Prunus cerasifera is a deciduous Tree growing to 9 m (29ft) by 9 m (29ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 4. It is in flower in March, and the seeds ripen from August to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerates strong winds but not maritime exposure.

pcista Although no specific mention has been seen for this species, it belongs to a genus where most, if not all members of the genus produce hydrogen cyanide, a poison that gives almonds their characteristic flavour. This toxin is found mainly in the leaves and seed and is readily detected by its bitter taste. It is usually present in too small a quantity to do any harm but any very bitter seed or fruit should not be eaten. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: Fruit SeedEdible Uses: Fruit - raw or cooked in pies, tarts, jams etc[2, 5, 12, 34, 183]. The size of a small plum with a thin skin and a nice sweet flavour[183]. The flesh is somewhat mealy but is also juicy[K]. The fruit can hang on the tree until October[K]. The fruit is about 30mm in diameter and contains one large seed[200]. Seed - raw or cooked. Do not eat the seed if it is too bitter - see the notes above on toxicity.

tcanta Dye Hedge Hedge Rootstock ShelterbeltA green dye can be obtained from the leaves[168]. A dark grey to green dye can be obtained from the fruit[168]. Makes quite a good windbreak hedge though it cannot stand too much exposure[1, 11, 29]. Often used as a rootstock for the cultivated plums, giving them a semi-dwarfing habit[61].

dwatta BachThe plant is used in Bach flower remedies - the keywords for prescribing it are 'Desperation', 'Fear of losing control of the mind' and 'Dread of doing some frightful thing'[209]. It is also one of the five ingredients in the 'Rescue remedy'[209]. Although no specific mention has been seen for this species, all members of the genus contain amygdalin and prunasin, substances which break down in water to form hydrocyanic acid (cyanide or prussic acid).

In small amounts this exceedingly poisonous compound stimulates respiration, improves digestion and gives a sense of well-being[238].

nrakta W. Asia? Original habitat is obscure. Often planted in hedgerows in Britain but rarely naturalized. ksacta Not known in a truly wild situation.

propta Seed - requires 2 - 3 months cold stratification and is best sown in a cold frame as soon as it is ripe[200]. Sow stored seed in a cold frame as early in the year as possible[200]. Protect the seed from mice etc. The seed can be rather slow, sometimes taking 18 months to germinate[113]. Prick out the seedlings into individual pots when they are large enough to handle. Grow them on in a greenhouse or cold frame for their first winter and plant them out in late spring or early summer of the following year. Cuttings of half-ripe wood with a heel, July/August in a frame. Softwood cuttings from strongly growing plants in spring to early summer in a frame. Layering in spring. Division of suckers in the dormant season. They can be planted out direct into their permanent positions.

nwatta Landscape Uses:Specimen. Requires a welldrained moisture retentive soil[1, 11]. Succeeds in light shade but fruits better in a sunny position[11, 200]. Thrives in a loamy soil, doing well on limestone[11]. Grows well in heavy clay soils. Prefers some chalk in the soil but apt to become chlorotic if too much is present[1]. A very ornamental plant[1], it is sometimes cultivated for its edible fruit, unfortunately this is not often borne in large quantities in Britain[3, 17], but large crops are produced every 4 years or so[K]. There are some named varieties[183]. Included as a part of P. divaricata by some botanists[11] though others include P. divaricata as a sub-species under this species[200]. Most members of this genus are shallow-rooted and will produce suckers if the roots are damaged[238]. Plants in this genus are notably susceptible to honey fungus[200]. Special Features: Attractive foliage, Not North American native, All or parts of this plant are poisonous, Blooms are very showy. The plant is heat tolerant in zones 9 through 1. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. A sprouting standard sending up shoots from the base [1-2].

#### 5.0.18 Sambucus nigra

Elderberry - European Elder, Black elderberry, American black elderberry, Blue elderberry, Europea

5 tlin 7 cyuc 4 kcak 5 tcan 3 dwat 6 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatprikl-

wisslip hpa7tmwatli xre7t hjonli

drutta Sambucus nigra is a deciduous Shrub growing to 6 m (19ft) by 6 m (19ft) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in leaf from March to November, in flower from June to July, and the seeds ripen from August to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Flies. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerate maritime exposure. It can tolerate atmospheric pollution.

pcista The leaves and stems are poisonous[9, 76]. The fruit of many species (although no records have been seen for this species) has been known to cause stomach upsets to some people. Any toxin the fruit might contain is liable to be of very low toxicity and is destroyed when the fruit is cooked[65, 76].

kcakta Edible Parts: Flowers FruitEdible Uses: Colouring TeaFruit - raw or cooked[2, 3, 5, 46, 61]. The flavour

of the raw fruit is not acceptable to many tastes, though when cooked it makes delicious jams, preserves, pies and so forth[K]. It can be used fresh or dried, the dried fruit being less bitter[12, 183, 238]. The fruit is used to add flavour and colour to preserves, jams, pies, sauces, chutneys etc, it is also often used to make wine[13, 183]. The fruit is about 8mm in diameter and is borne in large clusters[200]. Some caution is advised, see the notes above on toxicity. Flowers - raw or cooked[2, 5, 12, 53]. They can also be dried for later use[21]. The flowers are crisp and somewhat juicy, they have an aromatic smell and flavour and are delicious raw as a refreshing snack on a summers day, though look out for the insects[K]. The flowers are used to add a muscatel flavour to stewed fruits, jellies and jams (especially goose-berry jam)[238]. They are often used to make a sparkling wine[183]. A sweet tea is made from the dried flowers[21, 183]. The leaves are used to impart a green colouring to oils and fats[183]. tcanta Compost Cosmetic Dye Fungicide Hedge Hedge

Insecticide Litmus Microscope Musical Pioneer Pipes Repellent WoodThe plant is a valuable addition to the compost heap[14, 18], its flowers are an alternative ingredient of 'QR' herbal compost activator[32] and the roots of the plant improve fermentation of the compost heap when growing nearby[18]. The leaves are used as an insect repellent[4, 6, 14, 66], very effective when rubbed on the skin though they do impart their own unique fragrance[K]. They can be powdered and placed amongst plants to act as a deterrent[14], or made into a spray when they act as an insecticide[7]. This is prepared by boiling 3 - 4 handfuls of leaves in a litre of water, then straining and allowing to cool before applying [201]. Effective against many insects, it also treats various fungal infections such as leaf rot and powdery mildew[201]. The dried flowering shoots are used to repel insects, rodents etc[101]. The flowers are used in skin lotions, oils and ointments[238]. Tolerant of salt-laden gales, this species can be grown as a shelter hedge in exposed maritime areas[29, 75], it is rather bare in the winter though[K]. This is an excellent pioneer species to use when re-establishing woodlands. It is very tough and wind-resistant, grows quickly and provides shelter for longer-lived and taller woodland species to establish. It will generally maintain itself in the developing woodland, though usually in the sunnier positions[K]. A dye is obtained from the fruit and the bark[13, 15]. The bark of older branches and the root have been used as an ingredient in dyeing black[4]. A green dye is obtained from the leaves when alum is used as a mordant[4]. The berries yield various shades of blue and purple dyes[4]. They have also been used as a hair dye, turning the hair black[4]. The blue colouring matter from the fruit can be used as a litmus to test if something is acid or alkaline. It turns green in an alkaline solution and red in an acid solution[4]. The pith in the stems of young branches pushes out easily and the hollow stems thus made have been used as pipes for blowing air into a fire[4]. They can also be made into musical instruments[4]. The pith of the wood is used for making microscope slides and also for treating burns and scalds[46, 61, 100]. The mature wood is white and fine-grained. It is easily cut and polishes well[4]. Valued highly by carpenters, it has many used, for making skewers, mathematical instruments, toys etc[4, 13, 100, 244]. A good forage for animals: mule deer, elk, sheep and small birds. It is classified as nesting habitat for many birds, including hummingbirds, warblers, and vireos. Elderberries are a favorite food for migrating band-tailed pigeons in northern Califor-

dwatta Antiinflammatory Aperient Diaphoretic Diuretic Emetic Emollient Expectorant Galactogogue Haemostatic Laxative Ophthalmic Purgative Salve StimulantElder has a very long history of household use as a medicinal herb and is also much used by herbalists[4]. The plant has been called 'the medicine chest of country people'[4]. The flowers are the main part used in modern herbalism, though all parts of the plant have been used at times[238]. Stimulant[9, 53, 165]. The inner bark is collected from young trees in the autumn and is best sun-dried[4]. It is diuretic, a strong purgative and in large doses emetic[4, 7]. It is used in the treatment of constipation and arthritic conditions[238]. An emollient ointment is made from the green inner bark[4]. The leaves can be used both fresh or dry. For drying, they are harvested in periods of fine weather during June and July. The leaves are purgative, but are more nauseous than the bark[4]. They are also diaphoretic, diuretic, expectorant and haemostatic[4, 7]. The juice is said to be a good treatment for inflamed eyes[4]. An ointment made from the leaves is emollient and is used in the treatment of bruises, sprains, chilblains, wounds etc[4]. The fresh flowers are used in the distillation of 'Elder Flower Water'. The flowers can be preserved with salt to make them available for distillation later in the season[4]. The water is mildly astringent and a gentle stimulant. It is mainly used as a vehicle for eye and skin lotions[4]. The dried flowers are diaphoretic, diuretic, expectorant, galactogogue and pectoral[4, 7]. An infusion is very effective in the treatment of chest complaints and is also used to bathe inflamed eyes[4]. The infusion is also a very good spring tonic and blood cleanser[4]. Externally, the flowers are used in poultices to ease pain and abate inflammation[4]. Used as an ointment, it treats chilblains, burns, wounds, scalds etc[4]. The fruit is depurative, weakly diaphoretic and gently laxative[4, 7]. A tea made from the dried berries is said to be a good remedy for colic and diarrhoea[4]. The fruit is widely used for making wines, preserves etc., and these are said to retain the medicinal properties of the fruit[4]. The pith of young stems is used in treating burns and scalds[46, 61, 100]. The root is no longer used in herbal medicine but it formerly had a high reputation as an emetic and purgative that was very effective against dropsy[4]. A homeopathic remedy is made from the fresh inner bark of young branches[4]. It relieves asthmatic symptoms and spurious croup in children[4]. The German Commission E Monographs, a therapeutic guide to herbal medicine, approve Sambucus nigra for cough and bronchitis, fevers and colds (see [302] for critics of commission E).

nrakta Europe, including Britain, from Scandanavia south and east to N. Africa and W. Asia. ksacta Hedgerows, scrub, woods, roadsides, waste places etc, especially on disturbed base-rich and nitrogen rich soils[9, 17].

propta Seed - best sown as soon as it is ripe in the autumn in a cold frame, when it should germinate in early spring. Stored seed can be sown in the spring in a cold frame but will probably germinate better if it is given 2 months warm followed by 2 months cold stratification first[78, 98, 113]. Prick out the seedlings into individual pots when they are large enough to handle. If good growth is made, the young plants can be placed in their permanent positions during the early summer. Otherwise, either put them in a sheltered nursery bed, or keep them in their pots in a sheltered position and plant them out in spring of the following year. Cuttings of half-ripe wood, 7 - 10cm with a heel, July/August in a frame[78]. Cuttings of mature wood of the current season's growth, 15 - 20cm with a heel, late autumn in a frame or a sheltered outdoor bed[78]. Division of suckers in the dormant season.

nwatta Industrial Crop: Dye Industrial Crop: Medic-Standard Minor Global CropLandinal Management: scape Uses:Border, Container, Massing, Pollard, Standard, Seashore, Specimen. A very easily grown plant, it tolerates most soils and situations[11, 28, 98], growing well on chalk[28, 98, 186], but prefers a moist loamy soil[200]. Grows well in heavy clay soils. Tolerates some shade but fruits better in a sunny position[37, 200]. Tolerates atmospheric pollution and coastal situations[200]. Another report says that it is intolerant of very smoky atmospheres[186]. The elder is very occasionally cultivated for its edible fruit, there are some named varieties though most of these have been developed for their ornamental value[182]. The subspecies S. nigra alba has white/green fruits that are nicer than the type species and are quite nice raw[K]. The elder also has a very long history of folk use, both medicinally and for a wide range of other uses. All in all it is a very valuable plant to have in the garden. The leaves often begin to open as early as January and are fully open in April[186]. The leaves fall in October/November in exposed sites, later in sheltered positions[186]. Young stems can be killed by late frosts but they are soon replaced from the ground level[186]. Very tolerant of pruning, plants can be cut back to ground level and will regrow from the base[186]. The flowers have a sweet, almost overpowering smell, not exactly pleasant when inhaled near to for it has fishy undertones, but from a distance its musky scent is appealing[245]. Very resistant to the predations of rabbits[17, 186]. The flowers are very attractive to insects[186]. The fruit is very attractive to birds[186] and this can draw them away from other cultivated fruits[14, 186]. The elder is an early colonizer of derelict land, the seed arriving in the defecations of birds and mammals[186].

It is a very good pioneer species for re-establishing wood-lands. Plants in this genus are notably resistant to honey fungus[200]. Special Features: Attractive foliage, Not North American native, Attractive flowers or blooms. In garden design, as well as the above-ground architecture of a plant, root structure considerations help in choosing plants that work together for their optimal soil requirements including nutrients and water. The root pattern is suckering with new plants from underground runners away from the plant [2-1].

### 5.0.19 Crataegus laciniata

5 tlin 9 cyuc 4 kcak 0 tcan 2 dwat 6 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus laciniata is a deciduous Tree growing to 6 m (19ft) by 6 m (19ft). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower in June, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[2, 105]. A pleasant acid taste[74]. The fruit is about 1.5cm in diameter[200]. A nice taste with a very good flesh to seed ratio, it can be eaten in quantity for dessert[K]. The fruit can be used in making pies, preserves, etc, and can also be dried for later use. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta WoodWood - heavy, close-grained, hard and tough. Used for tool handles etc[82, 74].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta E. Asia. Occasionally self-sows in Britain[17]. ks-acta Mountain thickets and rocky slopes[50].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members

of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. A very hardy species, tolerating temperatures down to at least -18°c[202]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11].

#### 5.0.20Crataegus champlainensis

Quebec hawthorn

5 tlin 9 cyuc 4 kcak 0 tcan 2 dwat 6 m hkuc

hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Crataegus champlainensis is a deciduous Tree growing to 6 m (19ft 8in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. A nice sweet flavour, the fruit is about 1.5cm in diameter[K]. The fruit can be used in making pies, preserves, etc, and can also be dried for later use. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta Northern N. America - Quebec to New York and Ontario. ksacta Thickets, streambanks and hillsides[204]. Limestone ridges[82].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate [78]. Scarifying the seed before stratifying it might reduce this time [80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process [K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a welldrained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit,

they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year [K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. Closely related to C. submollis[200], and included in that species by some botanists[82]. This species is possibly no more than a part of C. rotundifolia[204].

#### 5.0.21 Berberis aristata

Chitra, Indian Barberry or Tree Turmeric 5 tlin 9 cyuc 4 kcak 3 tcan 3 dwat 3.5 m hkuc hmimhtut cyutli kyuctcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Berberis aristata is an evergreen Shrub growing to 3.5 m (11ft 6in) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in leaf all year, in flower in May. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semishade (light woodland) or no shade. It prefers dry or moist

kcakta Edible Parts: Flowers FruitEdible Uses: Fruit raw or cooked[145]. A well-flavoured fruit, it has a sweet taste with a blend of acid, though there is a slight bitterness caused by the seeds[194, K]. The fruit is much liked by children[194, K]. It is dried and used like raisins in India[2, 3, 177, 183]. The fruit contains about 2.3% protein, 12% sugars, 2% ash, 0.6% tannin, 0.4% pectin[194]. There is 4.6mg vitamin C per 100ml of juice[194]. The fruit is about 7mm x 4mm[194] - it can be up to 10mm long[200]. Plants in the wild yield about 650g of fruit in 4 pickings[194]. Flower buds - added to sauces[177, 183].

tcanta Dye Fuel TanninA yellow dye is obtained from the root and the stem[46, 61, 272]. An important source of dyestuff and tannin, it is perhaps one of the best tannin dyes available in India[194]. The wood is used as a fuel[146]. The spiny branches are used for making fencing around fields[272].

dwatta Alterative Antibacterial Antiperiodic Bitter Cancer Deobstruent Diaphoretic Dysentery Laxative Malaria Ophthalmic Tonic Vitamin CThe dried stem, root bark and wood are alterative, antiperiodic, deobstruent, diaphoretic, laxative, ophthalmic and tonic (bitter)[46, 61, 158, 194, 240]. An infusion is used in the treatment of malaria, eye complaints, skin diseases, menorrhagia, diarrhoea and jaundice[240, 243]. Berberine, universally present in rhizomes of Berberis species, has marked antibacterial effects. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enteric infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine[218]. Berberine has also shown antitumour activitv[218].

nrakta E. Asia - Himalayas in Nepal. ksacta Shrubberies to 3500 metres[51]. Open hillsides at elevations of 1800 -3000 metres[272].

propta Seed - best sown as soon as it is ripe in a cold frame, it should germinate in late winter or early spring[78]. Seed from over-ripe fruit will take longer to germinate[78]. Stored seed may require cold stratification and should be sown in a cold frame as early in the year as possible[80]. When they are large enough to handle, prick the seedlings out into individual pots and grow them on in the greenhouse or cold frame for at least their first winter. Once they are at least 20cm tall, plant them out into their permanent positions in late spring or early summer, after the last expected frosts. The seedlings are subject to damping off, so be careful not to overwater them and keep them well ventilated[113]. Cuttings of half-ripe wood, July/August in a frame. Very difficult, if not impossible. Cuttings of mature wood of the current season's growth, preferably with a heel, October/November in a frame[78]. Very difficult, if not impossible.

nwatta Prefers a warm moist loamy soil and light shade but it is by no means fastidious, succeeding in thin, dry and shallow soils[11, 200]. Grows well in heavy clay soils. Plants are very hardy, they survived the severe winters of 1986-1987 without problems in most areas of Britain[K]. Plants can be pruned back quite severely and resprout well from the base[200]. The fruits are sometimes sold in local mar-kets in India[194]. Hybridizes freely with other members of this genus[1]. Most plants cultivated under this name are B. chitria., B. coriaria., B. glaucocarpa. and, more commonly, B. floribunda[67, 200].

#### 5.0.22 Fagopyrum spp.

Perennial Buckwheat

5 tlin 10 cyuc 4 kcak 2 tcan 3 dwat 1 m hkuc

hmimhtut cyutli tcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli hjonli

drutta Fagopyrum spp. is a PERENNIAL growing to 1 m (3ft 3in) by 1 m (3ft 3in) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 5. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers welldrained soil and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: Leaves SeedEdible Uses: Leaves raw or cooked[105, 160, 272]. Boiled or steamed and used like spinach[183]. Of excellent quality according to one report[2], but we have been less than impressed by the flavour, which has a distinct bitterness especially when eaten raw[K]. The leaves are rich in rutin (see below for details of its uses) and so they do make a healthy addition to the diet[K]. Seed - it can be sprouted and eaten raw, or cooked and used as a cereal[4]. Dried and ground into a powder, it can serve as a thickening agent in soups etc. The seed is rich in vitamin B6. Unfortunately, it is not freely produced in Britain[2]. Carbon Farming Solutions - Staple Crop: balanced carb (The term staple crop typically refers to a food that is eaten routinely and accounts for a dominant part of people's diets in a particular region of the world) [1-1].

tcanta Animal feed, An ornamental plant.

dwatta The whole plant is anodyne, anthelmintic, antiphlogistic, carminative, depurative and febrifuge. It stimulates blood circulation[147]. A decoction is used in the treatment of traumatic injuries, lumbago, menstrual irregularities, purulent infections, snake and insect bites[147]. A decoction of the roots is used in the treatment of insect bites, dysmenorrhoea, inflammation, lumbago, snakebite and traumatic injuries[218]. The leaves are rich in rutin which is a capillary tonic, antioedemic, anti-inflammatory, antispasmodic and hypotensive[218]. Rutin also inhibits carcinogenesis and protects against radiation[218].

nrakta Eurasia. ksacta Forests and cultivated areas from Pakistan to S.W. China, 1500 - 3400 metres[51]. Found alongside ditches on shady damp and fertile soils in China[147].

propta Seed - sow spring in a greenhouse. Prick out the seedlings when they are large enough to handle and plant them out into their permanent positions in the summer. Division is very easy at almost any time in the growing season, though it is best avoided in early spring because the young growth can be damaged by late frosts. The divisions can be planted out direct into their permanent positions.

nwatta Hypothetical Crop Management: dard Staple Crop: Balanced carbClimate: boreal to cold temperate. Humidity: arid to semi-arid. Carbon Farming Solutions - Cultivation: hypothetical - F. esculentum could be crossed with F. cymosum. Management: standard (Describes the non-destructive management systems that are used in cultivation) [1-1].

#### 5.0.23 Crataegus pinnatifida major

Chinese Haw 5 tlin 9 cyuc 4 kcak 2 tcan 3 dwat m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus pinnatifida major is a deciduous Tree growing to 7.5 m (24ft 7in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower in May. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[3, 105, 177]. A pleasant flavour, it is sold in local markets in China[178]. The fruit can be used in making pies, preserves, etc, and can also be dried for later use. A good size, it is up to 25mm in diameter[200]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K]. tcanta Wood - heavy, hard, tough, close-grained. Useful

for making tool handles, mallets and other small items[82].

dwatta Anticholesterolemic Cardiotonic Hypotensive Stomachic VasodilatorThe fruits and flowers of hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222]. The fruits are anticholesterolemic, cardiotonic, stomachic and vasodilator. Their use improves the blood circulation and lowers blood pressure[176]. The fruits are used in the treatment of dyspepsia, stagnation of fatty foods, abdominal fullness, retention of lochia, amenorrhoea, postpartum abdominal pain, hypertension and coronary heart disease[176].

nrakta E. Asia - China. ksacta Riverbanks, on sandy soils or stony slopes[74].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate [78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a welldrained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. A very ornamental plant, this sub-species is widely cultivated for its edible fruit in China[266], it is larger than the type species[46, 178, 200].

### 5.0.24 Allium porrum

Leek, Garden leek

5 tlin 9 cyuc 4 kcak 0 tcan 2 dwat 0.9 m hkuc

htut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Allium porrum is a BULB growing to 0.9 m (3ft). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower from July to August. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees, insects. Suitable for: light (sandy) and medium (loamy) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It cannot grow in the shade. It prefers moist soil.

pcista Although no individual reports regarding this species have been seen, there have been cases of poisoning caused by the consumption, in large quantities and by some mammals, of certain members of this genus. Dogs seem to be particularly susceptible[76].

kcakta Edible Parts: Flowers Leaves RootEdible Uses: The leaves and long white blanched stem are eaten cooked[2, 16, 37, 183]. They can also be cut into thin slices and be added to salads[183]. A mild onion flavour with a delightful sweetness[183, K]. Bulb - raw or cooked. The bulb is produced in the plants second year of growth (that is, after it is normally harvested). The bulb is somewhat larger if the plant is prevented from flowering[K]. Flowers - raw. Used as a garnish on salads, though they are rather on the dry side

and less pleasant than many other members of the genus[K].
tcanta RepellentThe juice of the plant is used as a moth
repellent. The whole plant is said to repel insects and
moles[20].

dwatta Anthelmintic Antiasthmatic Anticholesterolemic Antiseptic Antispasmodic Cholagogue Diaphoretic Diuretic Expectorant Febrifuge Stimulant Stings Stomachic Tonic VasodilatorThis species has the same medicinal virtues as garlic, but in a much milder and less effective form[238]. These virtues are as follows:- Garlic has a very long folk history of use in a wide range of ailments, particularly ailments such as ringworm, Candida and vaginitis where its fungicidal, antiseptic, tonic and parasiticidal properties have proved of benefit[218]. It is also said to have anticancer activity[218]. Daily use of garlic in the diet has been shown to have a very beneficial effect on the body, especially the blood system and the heart. For example, demographic studies suggest that garlic is responsible for the low incidence of arteriosclerosis in areas of Italy and Spain where consumption of the bulb is heavy[222]. The bulb is said to be anthelmintic, antiasthmatic, anticholesterolemic, antiseptic, antispasmodic, cholagogue, diaphoretic, diuretic, expectorant, febrifuge, stimulant, stomachic, tonic, vasodilator[4, 9, 14, 21, 46, 165]. The crushed bulb may be applied as a poultice to ease the pain of bites, stings etc[4, 9, 14, 21].

nrakta Original habitat is obscure. ksacta Not known in wild.

propta Seed - for an early crop, or for larger plants, sow the seed in early spring in a greenhouse and plant out in May. For smaller or later plants, sow April in an outdoor seedbed and plant out as space permits in July or even August.

nwatta Prefers a sunny position in a light well-drained soil[1] but succeeds in most soils[16]. Grows well in heavy clay soils. Prefers an open situation[1, 37]. Does best in a soil that was well fed for a previous crop[1]. Tolerates a pH in the range 5.2 to 8.3. The leek is a widely cultivated vegetable, there are many named varieties[183]. Young plants are often planted quite deeply in the soil (8 - 10cm deep) in order to blanch the lower stem, it is also a common practice to earth up the growing plants in order to blanch right the way up the stems. Whilst this does make the stems more tender, it also results in a loss of minerals and vitamins. Although commonly treated as a biennial, this plant is a true perennial, perennating by means of small lateral growths and often developing a roundish bulb at the base of the main growth[1]. A relatively slow-growing plant, it can be interplanted with faster maturing species such as lettuces[201].

The bulbs should be planted fairly deeply[1]. Grows well with most plants, especially roses, carrots, celery, celariac, beet and chamomile, but it inhibits the growth of legumes[18, 20, 54]. This plant is a bad companion for alfalfa, each species negatively affecting the other[201]. Members of this genus are rarely if ever troubled by browsing deer[233].

#### 5.0.25 Hemerocallis aurantiaca

5 tlin 9 cyuc 4 kcak 2 tcan 1 dwat 0.8 m hkuc hmimhtut cyutli kyuctcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli dyatxre7t hjonli

drutta Hemerocallis aurantiaca is an evergreen Perennial growing to 0.8 m (2ft 7in) by 0.5 m (1ft 8in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in leaf all year, in flower from June to September. The species is hermaphrodite (has both male and female organs). The plant is not self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

pcista Large quantities of the leaves are said to be hallucinogenic. Blanching the leaves removes this hallucinatory component[205]. (This report does not make clear what it means by blanching, it could be excluding light from the growing shoots or immersing in boiling water[K].)

kcakta Edible Parts: Flowers Leaves RootEdible Uses: Leaves and young shoots - cooked[105, 177]. They must be consumed when very young or else they become fibrous[K]. Flowers and flower buds - raw or cooked. The tubular flowers are about 7.5cm long and 13cm in diameter[205]. Each stem carries 6 - 8 flowers[205]. The flowers contain carotene and starch[105, 177]. The flower buds contain about 43mg vitamin C per 100g, 983 IU vitamin A and 3.1% protein[205]. Root - raw or cooked. A radish-like flavour but not so sharp[205].

tcanta WeavingThe tough dried foliage is plaited into cord and used for making footwear[205].

dwatta Antidote Diuretic Vitamin CThe juice of the roots is an effective antidote in cases of arsenic poisoning[205]. A tea made from the boiled roots is used as a diuretic[205].

nrakta E. Asia - China, Japan, Korea. ksacta Thickets, grasslands and streamsides at elevations of 300 - 1000 metres in Guangdong, Guangxi, and Taiwan[266].

propta Seed - sow in the middle of spring in a green-house. Germination is usually fairly rapid and good. Prick out the seedlings into individual pots when they are large enough to handle. Grow the plants on for their first winter in a greenhouse and plant out in late spring[K]. Seed is only set if the plant is fertilized by another species, thus seedlings will not be true to the species type[233]. Division in spring or after flowering in late summer or autumn[200]. Division is very quick and easy, succeeding at almost any time of the year[K]. Larger clumps can be replanted direct into their permanent positions, though it is best to pot up smaller clumps and grow them on in a cold frame until they are rooting well. Plant them out in the spring.

nwatta Succeeds in most soils[1], including dry ones, preferring a rich moist soil[205]. Grows well in heavy clay soils. Succeeding in sun or shade, it produces more flowers in a sunny position though these flowers can be shorter-lived in very sunny positions[205]. Succeeds in short grass if the soil is moist[1]. Prefers a pH between 6 and 7[200]. Hybridizes freely with other members of this genus[200]. The roots have spindle-shaped swellings[205]. The cultivar 'Major' is smaller than the type species, but has larger flowers, it is sometimes cultivated for these edible flowers in Japan[205]. There is some doubt as to whether this cultivar really is a form of H. aurantiaca[205]. Individual flowers are very short-lived, opening in the morning and withering in the evening[205]. Plants take a year or two to become established after being moved[1]. Plants seem to be immune to the predations of rabbits[233]. The plants are very susceptible to slug and snail damage, the young growth in spring is especially at risk[200]. There is some doubt as to the origins of this plant, it might have arisen in cultivation at Kew[205]. It is cultivated in Japan, where it is believed to have come from China[58]. It is quite possibly a hybrid since it is sterile unless fertilized by another species[233].

### 5.0.26 Quercus cerris

Turkey Oak, European turkey oak 5 tlin 9 cyuc 3 kcak 0 tcan 2 dwat 35 m hkuc hmimhtut cyutli tcup hwicli jlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli hjonli

drutta Quercus cerris is a deciduous Tree growing to 35 m (114ft) by 25 m (82ft) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 6. It is in flower in May, and the seeds ripen in September. The species is monoecious (individual flowers are either male or female, but both sexes can be found on the same plant) and is pollinated by Wind. Suitable for: medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerates strong winds but not maritime exposure.

kcakta Edible Parts: Manna SeedEdible Uses: CoffeeSeed - cooked. Up to 2.5cm long. It can be dried, ground into a powder and used as a thickening in stews etc or mixed with cereals for making bread[183]. The seed contains bitter tannins, these can be leached out by thoroughly washing the seed in running water though many minerals will also be lost. Either the whole seed can be used or the seed can be dried and ground it into a powder. It can take several days or even weeks to properly leach whole seeds, one method was to wrap them in a cloth bag and place them in a stream. Leaching the powder is quicker. A simple taste test can tell when the tannin has been leached. The traditional method of preparing the seed was to bury it in boggy ground overwinter. The germinating seed was dug up in the spring when it would have lost most of its astringency. The roasted seed is a coffee substitute. A sweet fluid exudes from insect damage on the stems and solidifies[2, 61, 105, 177]. This is edible and is sold as a manna in local markets in Iran[46]. It can be boiled down into a syrup and used for sweetening food[183].

tcanta Buttons Repellent Tannin WoodThe seed cups are used as buttons[95]. A mulch of the leaves repels slugs, grubs etc, though fresh leaves should not be used as these can inhibit the growth of young plants[20]. Oak galls are excrescences that are sometimes produced in great numbers on the tree and are caused by the activity of the larvae of different insects. The insects live inside these galls, obtaining their nutrient therein. When the insect pupates and leaves, the gall can be used as a rich source of tannin, that can also be used as a dyestuff[4]. The leaves, bark and wood are used commercially as a source of tannins[223]. Wood. It is valued by wheelwrights, turners and cabinet makers[4]. Of little value[1, 11]. It does not weather well[100].

dwatta Astringent DysenteryAny galls produced on the tree are strongly astringent and can be used in the treatment of haemorrhages, chronic diarrhoea, dysentery etc[4].

nrakta Europe to S.W. Asia. Naturalized in Britain[17]. ksacta Hedges, thickets and woods in acid soils[17, 100].

propta Seed - it quickly loses viability if it is allowed to dry out. It can be stored moist and cool overwinter but is best sown as soon as it is ripe in an outdoor seed bed, though it must be protected from mice, squirrels etc. Small quantities of seed can be sown in deep pots in a cold frame. Plants produce a deep taproot and need to be planted out into their permanent positions as soon as possible, in fact seed sown in situ will produce the best trees[11]. Trees should not be left in a nursery bed for more than 2 growing seasons without being moved or they will transplant very badly.

nwatta Prefers a good deep fertile loam which can be on the stiff side[1, 11]. Grows well on chalk[98], even when the soil is shallow[188]. Young plants tolerate reasonable levels of side shade[200]. Tolerates moderate exposure, surviving well but being somewhat stunted[200]. Grows well near the coast[98]. Intolerant of root disturbance, trees should be planted in their permanent positions whilst young[11]. A very ornamental tree[1], it grows very well in Britain and is the fastest growing of the oaks in cultivation in this country[1]. The seed ripens in its second year[200]. Trees transplant badly unless they are moved regularly[11]. Hybridizes freely with other members of the genus[200]. This species is notably resistant to honey fungus[88, 200].

# 5.0.27 Ulmus glabra

Wych Elm, Table-top Scotch Elm, Scotch Elm 5 tlin 7 cyuc 3 kcak 0 tcan 2 dwat 30 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Ulmus glabra is a deciduous Tree growing to 30 m (98ft) by 25 m (82ft) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from February to March, and the seeds ripen from May to June. The species is hermaphrodite (has both male and female organs) and is pollinated by Wind. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerate maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: Fruit Inner bark LeavesEdible

kcakta Edible Parts: Fruit Inner bark LeavesEdible Uses: Leaves - raw or cooked[179, K]. They can be a little bit bitter, especially if not very young, and have a mucilaginous texture[K]. They make a nice addition to a mixed salad[K]. Immature fruits, used just after they are formed, can be eaten raw[132]. An aromatic, unusual flavour, leaving the mouth feeling fresh and the breath smelling pleasant[132]. They contain about 34.4% protein, 28.2% fat, 17% carbohydrate, 5% ash[179]. The fruit is about 2.5cm long[200]. Inner bark - mucilaginous[179]. No more details are given but inner bark is often dried, ground into a powder and then used as a thickening in soups etc or mixed with cereals when making bread[K].

tcanta Fibre WoodA fibre from the inner bark is used for mats and making ropes[100]. Wood - very durable under water, fairly hard, elastic, withstands abrasion and salt water. Used for water pipes, wheels, mallet heads, ships keels etc[46, 61, 67, 100].

dwatta Astringent Bach Demulcent Diuretic Eczema HomeopathyThe inner bark is astringent, demulcent and mildly diuretic[9]. It is used both internally and externally in the treatment of diarrhoea, rheumatism, wounds, piles etc and is also used as a mouthwash in the treatment of ulcers[4, 9, 66]. The inner bark is harvested from branches 3 - 4 years old and is dried for later use[9]. The plant is used in Bach flower remedies - the keywords for prescribing it are 'Occasional feelings of inadequacy', 'Despondency' and 'Exhaustion from over-striving for perfection'[209]. A homeopathic remedy is made from the inner bark[9]. It is used in the treatment of eczema[9].

nrakta Europe, including Britain, from Scandanavia south and east to Spain, north and west Asia. ksacta Woods, hedges and by streams, commoner in the west and north[17].

propta Seed - if sown in a cold frame as soon as it is ripe, it usually germinates within a few days[200]. Stored seed does not germinate so well and should be sown in early spring[200]. The seed can also be harvested 'green' (when it has fully developed but before it dries on the tree) and sown immediately in a cold frame. It should germinate very quickly and will produce a larger plant by the end of the growing season[80]. When they are large enough to handle, prick the seedlings out into individual pots and grow them on in the greenhouse for their first winter. Plant them out into their permanent positions in late spring or early summer, after the last expected frosts. Plants should not be allowed to grow for more than two years in a nursery bed since they form a tap root and will then move badly. Layering of suckers or copiced shoots[200].

nwatta Landscape Uses:Specimen. Easily grown in any soil of at least moderate quality so long as it is well drained[1]. Prefers a deep or heavy soil that is moist but not waterlogged and does not thrive if the soil is markedly acid[186]. Moderately shade tolerant[186]. Very wind resistant and tolerant of maritime exposure[186]. Trees cast a dense shade[186]. Rarely produces suckers but responds well to coppicing[186]. The wych elm is subject to 'Dutch elm disease' (though less so than U. procera), a disease that has destroyed the greater part of all the elm trees growing in Britain. Mature trees killed back by the disease will often regrow from suckers, but these too will succumb when they get larger. There is no effective cure (1992) for the problem, but most E. Asian, though not Himalayan, species are resistant to the disease so the potential exists to develop

new resistant hybrids with the native species. The various species hybridize freely, the pollen stores well and can be kept for use with species that flower at different times. A very ornamental tree[1], it is a food plant for the caterpillars of many lepidoptera species[30]. A good tree for growing grapes into[18]. Special Features: Not North American native, Inconspicuous flowers or blooms.

#### 5.0.28 Quercus lyrata

Overcup Oak

5 tlin 9 cyuc 3 kcak 0 tcan 2 dwat 30 m hkuc hmimhtut cyutli tcup hwicli jlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli hjonli

drutta Quercus lyrata is a deciduous Tree growing to 30 m (98ft 5in) at a slow rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower in April, and the seeds ripen in October. The species is monoecious (individual flowers are either male or female, but both sexes can be found on the same plant) and is pollinated by Wind. Suitable for: medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semishade (light woodland) or no shade. It prefers moist soil. The plant can tolerates strong winds but not maritime exposure. kcakta Edible Parts: SeedEdible Uses: CoffeeSeed cooked. The seed is about 25mm long[200], it can be dried, ground into a powder and used as a thickening in stews etc or mixed with cereals for making bread. The seed is fairly sweet and does not contain many bitter tannins[159]. It does not require much leaching but any bitterness can be leached out by thoroughly washing the seed in running water though many minerals will also be lost. Either the whole seed can be used or the seed can be dried and ground it into a powder. It can take several days or even weeks to properly leach whole seeds, one method was to wrap them in a cloth bag and place them in a stream. Leaching the powder is quicker. A simple taste test can tell when the tannin has been leached. The traditional method of preparing the seed was to bury it in boggy ground overwinter. The germinating seed was dug up in the spring when it would have lost most of its astringency. The roasted seed is a coffee substitute.

tcanta Repellent Tannin WoodA mulch of the leaves repels slugs, grubs etc, though fresh leaves should not be used as these can inhibit plant growth[20]. Oak galls are excrescences that are sometimes produced in great numbers on the tree and are caused by the activity of the larvae of different insects. The insects live inside these galls, obtaining their nutrient therein. When the insect pupates and leaves, the gall can be used as a rich source of tannin, that can also be used as a dyestuff[4]. Wood - close-grained, hard, tough, strong, heavy, very durable in contact with the ground[82]. It weighs 51lb per cubic foot. Used for construction, tools, furniture etc[46, 82, 227].

dwatta Astringent DysenteryThe leaves and bark are astringent[46, 61]. Any galls produced on the tree are strongly astringent and can be used in the treatment of haemorrhages, chronic diarrhoea, dysentery etc[4].

nrakta Central and South-eastern N. America - New Jersey to Florida, west to Mississippi and Texas. ksacta Bottomlands and wet woods[43], usually on rich soils[82]. Wet, poorly-drained heavy clay soils[227, 229].

propta Seed - it quickly loses viability if it is allowed to dry out. It can be stored moist and cool overwinter but is best sown as soon as it is ripe in an outdoor seed bed, though it must be protected from mice, squirrels etc. Small quantities of seed can be sown in deep pots in a cold frame. Plants produce a deep taproot and need to be planted out into their permanent positions as soon as possible, in fact seed sown in situ will produce the best trees[11]. Trees should not be left in a nursery bed for more than 2 growing seasons without being moved or they will transplant very badly.

nwatta Landscape Uses: Aggressive surface roots possible, Specimen, Street tree. Prefers a good deep fertile loam which can be on the stiff side[1, 11]. Young plants tolerate reasonable levels of side shade[200]. Tolerates moderate exposure, surviving well but being somewhat stunted[200]. Prefers warmer summers than are usually experienced in Britain, trees are not well suited to the British climate and usually grow poorly here. They fail to properly ripen their

wood which results in frost damage overwinter[200]. A slow-growing but long-lived tree[227], it takes 25 - 30 years before it starts to produce seeds[229]. The tree flowers on new growth produced in spring, the seed ripening in its first year[200, 229]. Large crops are produced every 3 - 4 years with low production in the intervening years[229]. Intolerant of root disturbance, trees should be planted in their permanent positions whilst young[11]. Hybridizes freely with other members of the genus[200]. Plants in this genus are notably resistant to honey fungus[200]. Special Features: Attracts birds, North American native, Inconspicuous flowers or blooms.

# 5.0.29 Pyrus balsanae

5tlin 9 cyuc 3 kcak 0 t<br/>can 0 dwat 15 m hkuc hmimhtut cyutli hgattcup hwicli hrasjlutnyik<br/>frip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Pyrus balsanae is a deciduous Tree growing to 15 m (49ft 3in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil and can tolerate drought. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. A reasonable size, to 2.5cm[200]. The flesh is rather hard and harsh, though it becomes soft and sweet when bletted and then makes a very good dessert fruit[K].

nrakta W. Asia - Caucasus. ksacta Forests and shrub thickets [74].

propta Seed - best sown in a cold frame as soon as it is ripe in the autumn, it will then usually germinate in mid to late winter. Stored seed requires 8 - 10 weeks cold stratification at 1°c and should be sown as early in the year as possible[200]. Temperatures over 15 - 20°c induce a secondary dormancy in the seed[200]. Prick out the seedlings into individual pots when they are large enough to handle and grow them on in light shade in a cold frame or greenhouse for their first year. Plant them out in late spring or early summer of the following year.

nwatta Prefers a good well-drained loam in full sun[1]. Grows well in heavy clay soils. Tolerates light shade but does not fruit so well in such a position. Tolerates atmospheric pollution, excessive moisture and a range of soil types if they are moderately fertile[200]. Established plants are drought tolerant[200]. Hardy to about -15°c[200]. Plants are growing and fruiting well at Kew Botanical Gardens[K].

### 5.0.30 Crataegus cuneata

Sanzashi, Chinese hawthorn 5 tlin 9 cyuc 3 kcak 3 tcan 3 dwat 15 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus cuneata is a deciduous Shrub growing to 15 m (49ft 3in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower from May to June. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked and used in pies, preserves etc[147, 183]. It can also be dried for later use[177, 183]. A pleasant flavour, it is sold in local markets in China and Japan[178]. The fruit contains about 0.44% protein, 1% fat, 22.1% carbohydrate, 0.8% ash, it is rich in vitamin C, fruit acids and pectin[179]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Anodyne Anticholesterolemic Astringent Blood tonic Cardiotonic Dysentery Haemostatic Hypotensive Stomachic Vitamin CThe fruits and flowers of hawthorns are wellknown in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222]. The fruit is anodyne, anticholesterolemic, antidiarrhetic, antidysenteric, astringent, blood tonic, cardiotonic, haemostatic and stomachic[61, 147, 176, 218]. It is used in the treatment of dyspepsia, stagnation of fatty food, abdominal fullness, retention of lochia, amenorrhoea, postpartum abdominal pain, hypertension and coronary heart disease[176]. nrakta E. Asia - China, Japan. ksacta Sunny places in

200 - 2000 metres[266]. propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to

pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year,

planting them out in late spring into nursery beds or their

final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with

protection from mice and other seed-eating creatures. Grow

them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more

upland wilds[147]. Valleys, thickets and hills at elevations of

nwatta A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Although perfectly cold-hardy in most of Britain when dormant, the young growth of this species might be susceptible to spring frosts[11]. Hybridizes freely with other members of this genus [200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertiliza-tion. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being

#### 5.0.31 Taxus baccata

transplanted[11].

than two years.

Yew, English yew, Common Yew 5 tlin 7 cyuc 3 kcak 4 tcan 4 dwat 15 m hkuc pcimhmimhtut cyutli hgatkyuctcup hwicli hrasjlutnyikfrip hpa7tli frusflatpriklwisslip hpa7tmwatli nyanhjen hjonli

drutta Taxus baccata is an evergreen Tree growing to 15 m (49ft) by 10 m (32ft) at a slow rate. See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in leaf all year, in flower from March to April, and the seeds ripen from September to November. The species is dioecious (individual flowers are either male or female, but only one sex is to be found on any one plant so both male and female plants must be grown if seed is required). and is pollinated by Wind. The plant is not self-fertile. It is noted

for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very acid and very alkaline soils. It can grow in full shade (deep woodland) semi-shade (light woodland) or no shade. It prefers dry or moist soil and can tolerate drought. The plant can tolerate strong winds but not maritime exposure. It can tolerate atmospheric pollution.

pcista All parts of the plant, except the flesh of the fruit, are highly poisonous, having a paralyzing affect on the heart[1, 4, 7, 10, 19, 65]. Poisoning symptoms are dry mouth, vomiting, vertigo, abdominal pain, dyspnoea, arrhythmias, hypotension and unconsciousness.

kcakta Edible Parts: FruitEdible Uses: TeaFruit - raw[1, 2, 65, 81, 158]. Very sweet and gelatinous, most people find it delicious though some find it sickly[K]. A number of people who like the flavour do not like the texture which is often described as being 'snotty'[K]. All other parts of this plant, including the seed, are highly poisonous. When eating the fruit you should spit out the large seed found in the fruit's centre. Should you swallow the whole seed it will just pass straight through you without harm (UPDATE: this is probably not true: unfortunately, the digestive system of most mammals, including humans, is robust enough to break down the seeds. This will release the toxic taxanes. Birds are able to eat the whole "berry" because they cannot digest the seeds). If it is bitten into, however, you will notice a very bitter flavour and the seed should immediately be spat out or it could cause some problems. The fruit is a fleshy berry about 10mm in diameter and containing a single seed[200]. Some reports suggest using the bark as a tea substitute[158, 183], this would probably be very unwise. tcanta Fuel Hedge Hedge Incense Insecticide WoodVery

tcanta Fuel Hedge Hedge Incense Insecticide WoodVery tolerant of trimming, this plant makes an excellent hedge[1, 11, 29]. The plants are often used in topiary and even when fairly old, the trees can be cut back into old wood and will resprout[200]. One report says that trees up to 1000 years old respond well to trimming[200]. A decoction of the leaves is used as an insecticide[46, 61]. Some cultivars can be grown as a ground cover when planted about 1 metre or more apart each way[208]. 'Repandens' has been recommended[208]. Wood - heavy, hard, durable, elastic, takes a good polish but requires long seasoning. Highly esteemed by cabinet makers, it is also used for bows, tool handles etc[4, 7, 11, 46, 61, 66, 146]. It makes a good firewood[6]. The wood is burnt as an incense[146].

dwatta Anticonvulsant Antispasmodic Cancer Cardiotonic Diaphoretic Emmenagogue Epilepsy Expectorant Homeopathy Narcotic PurgativeThe yew tree is a highly toxic plant that has occasionally been used medicinally, mainly in the treatment of chest complaints. Modern research has shown that the plants contain the substance 'taxol' in their shoots. Taxol has shown exciting potential as an anti-cancer drug, particularly in the treatment of ovarian cancers[238]. Unfortunately, the concentrations of taxol in this species are too low to be of much value commercially, though it is being used for research purposes[238]. This remedy should be used with great caution and only under the supervision of a qualified practitioner[21]. See also the notes above on toxicity. All parts of the plant, except the fleshy fruit, are antispasmodic, cardiotonic, diaphoretic, emmenagogue, expectorant, narcotic and purgative[7, 21]. The leaves have been used internally in the treatment of asthma, bronchitis, hiccup, indigestion, rheumatism and epilepsy[240, 257]. Externally, the leaves have been used in a steam bath as a treatment for rheumatism[257]. A homeopathic remedy is made from the young shoots and the berries[4]. It is used in the treatment of many diseases including cystitis, eruptions, headaches, heart and kidney problems, rheumatism etc[4]. Ingestion of 50-100g of needles can cause death. nrakta Europe, incl Britain, from Scandanavia south and

nrakta Europe, incl Britain, from Scandanavia south and east to N. Africa, the Caucasus, Iran, Himalayas. ksacta Woods and scrub, usually on limestone. It sometimes forms pure stands in sheltered sites on chalk in the south-east and on limestone in the north-west[17].

propta Seed - can be very slow to germinate, often taking 2 or more years[78, 80]. It is best sown as soon as it is ripe in the autumn when it should germinate 18 months later. Stored seed may take 2 years or more to germinate. 4 months warm followed by 4 months cold stratification may help reduce the germination time[113]. Harvesting the seed

'green' (when fully developed but before it has dried on the plant) and then sowing it immediately has not been found to reduce the germination time because the inhibiting factors develop too early[80]. Prick out the seedlings into individual pots once they are large enough to handle and grow them on in pots in a cold frame. The seedlings are very slow-growing and will probably require at least 2 years of pot cultivation before being large enough to plant out. Any planting out is best done in late spring or early summer, after the last expected frosts[K]. Cuttings of half-ripe terminal shoots, 5 - 8cm long, July/August in a shaded frame. Should root by late September but leave them in the frame over winter and plant out in late spring[78]. High percentage[11]. Cuttings of ripe terminal shoots, taken in winter after a hard frost, in a shaded frame[113]. nwatta Industrial Crop: Medicinal Management: Cop-

pice Regional CropLandscape Uses:Espalier, Firewood, Hedge, Screen, Standard, Superior hedge, Specimen. A very easy plant to grow, it is extremely tolerant of cold and heat, sunny and shady positions, wet and dry soils, exposure and any pH[200]. Thrives in almost any soil, acid or alkaline, as long as it is well-drained[1, 11, 200]. Grows well in heavy clay soils. Sensitive to soil compaction by roads etc[186, 200]. Very shade tolerant[17, 81]. Tolerates urban pollution[200]. In general they are very tolerant of exposure, though plants are damaged by severe maritime exposure[K]. A very cold hardy plant when dormant, tolerating temperatures down to about -25°c[200]. The fresh young shoots in spring, however, can be damaged by frosts[186, K]. Plants are dioecious, though they sometimes change sex and monoecious trees are sometimes found[81, 186]. Male and female trees must be grown if fruit and seed is required[K]. The fruit is produced mainly on the undersides of one-year old branches[200]. A very long lived tree[1, 7, 11, 185], one report suggests that a tree in Perthshire is 1500 years old, making it the oldest plant in Britain. Another report says that trees can be up to 4000 years old[11]. It is, however, slow growing and usually takes about 20 years to reach a height of 4.5 metres[186]. Young plants occasionally grow 30cm in a year but this soon tails off and virtually no height increase is made after 100 years[185]. A very ornamental tree, there are many named varieties[200]. Very resistant to honey fungus[8, 88, 200], but susceptible to phytopthera root rot[81, 88]. The bark is very soft and branches or even the whole tree can be killed if the bark is removed by constant friction such as by children climbing the tree[186]. Plants produce very little fibrous root and should be planted in their final positions when still small[200]. The fruit is greatly relished by thrushes[186]. Special Features: Not North American native, All or parts of this plant are poisonous, Inconspicuous flowers or blooms.

# 5.0.32 Malus fusca

Oregon Crab, Oregon crab apple 5 tlin 9 cyuc 3 kcak 0 tcan 2 dwat 12 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Malus fusca is a deciduous Tree growing to 12 m (39ft 4in) at a slow rate. See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower in May. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista All members of this genus contain the toxin hydrogen cyanide in their seeds and possibly also in their leaves, but not in their fruits. Hydrogen cyanide is the substance that gives almonds their characteristic taste but it should only be consumed in very small quantities. Apple seeds do not normally contain very high quantities of hydrogen cyanide but, even so, should not be consumed in very large quantities. In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion, it is also claimed to be of benefit in the treatment of cancer. In excess, however, it can cause respiratory failure and even death.

kcakta Edible Parts: FruitEdible Uses: Pectin Pectin-Fruit - raw or cooked[11, 101]. Up to 2cm in diameter[229]. An agreeable sub-acid taste, it can be eaten out of hand or made into jellies, preserves etc[183]. The fruit can be left on the tree until there have been some autumn frosts, this will soften the fruit and make it somewhat less acid[K]. The fruit is rich in pectin so it can be added to pectin-low fruits when making jams or jellies[183, 257]. Pectin is also said to protect the body against radiation[201].

tcanta Pectin Pectin WoodThe fruit is a source of pectin[183]. Wood - hard, close grained, durable. Used for mallets, tool handles and bearings[11, 82, 99, 101, 226].

dwatta Antirheumatic Astringent Diuretic Dysentery Eczema Laxative Ophthalmic Pectoral Skin Stomachic TB TonicOregon crab was employed medicinally by several native North American Indian tribes who used it to treat a variety of complaints[257]. In particular, it gained a reputation with some tribes as a heal-all, especially useful for treating any of the internal organs[257]. It is little, if at all, used in modern herbalism. The trunk, bark and inner bark are antirheumatic, astringent, blood purifier, cardiac, diuretic, laxative and tonic[257]. A decoction has been used in the treatment of coughs, stomach ulcers, dysentery, di-arrhoea, rheumatism and consumption[257]. The shredded bark has been used to treat blood spitting[257]. A poultice of the chewed bark has been applied to wounds[257]. An infusion of the bark is used as an eyewash[257]. a decoction of the bark is used as a wash on cuts, eczema and other skin problems[257]. An infusion of the bark, combined with wild cherry bark (Prunus sp.) has been used as a cure-all tonic[257]. The juice scraped from the peeled trunk has been used as an eye medicine[257]. The soaked leaves have been chewed in the treatment of lung problems[257].

nrakta Western N. America - Alaska to California. ksacta Moist woods, stream banks, swamps and bogs in deep rich soils[60, 82], usually occurring in dense pure thickets[229].

propta Seed - best sown as soon as it is ripe in the autumn in a cold frame. It usually germinates in late winter. Stored seed requires stratification for 3 months at 1°c and should be sown in a cold frame as soon as it is received[200]. It might not germinate for 12 months or more. Prick out the seedlings into individual pots as soon as they are large enough to handle. If given a rich compost they usually grow away quickly and can be large enough to plant out in late summer, though consider giving them some protection from the cold in their first winter. Otherwise, keep them in pots in a cold frame and plant them out in late spring of the following year. Cuttings of mature wood, November in a frame[11]. nwatta An easily grown plant, it succeeds in most fer-

nwatta An easily grown plant, it succeeds in most fertile soils, preferring a moisture retentive well-drained loamy soil[1, 200]. Grows well in heavy clay soils. Prefers a sunny position but succeeds in partial shade, though it fruits less well in such a situation[200]. A very ornamental plant[1], it is slow-growing in the wild[229]. Hybridizes freely with other members of this genus[200]. The fruit is a good wildlife food source, especially for birds[200]. Plants in this genus are notably susceptible to honey fungus[200].

#### 5.0.33 Amelanchier interior

Pacific serviceberry

5 tlin 9 cyuc 3 kcak 0 tcan 0 dwat 9 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Amelanchier interior is a deciduous Tree growing to 9 m (29ft 6in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. The species is hermaphrodite (has both male and female organs) and is polinated by Bees. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. A sweet taste[177, K] and a juicy texture[229, K], even before the fruit is fully ripe[K]. The fruit is produced in small clusters and is up to 8mm in diameter[229]. The fruit is rich in iron and copper[226]. This species has been seen fruiting well at Kew where the fruit ripened about 3 weeks later than most of the other species[K].

nrakta Central N. America - Wisconsin to S. Minnesota and south to S. Dakota ksacta Hillsides and banks of streams[43].

propta Seed - it is best harvested 'green', when the seed is fully formed but before the seed coat has hardened, and then sown immediately in pots outdoors or in a cold frame. If stored seed is obtained early enough in the autumn, it can be given 4 weeks warm stratification before being left out in the winter and it should then germinate in the spring. Otherwise seed can be very slow to germinate, perhaps taking 18 months or more. When large enough to handle, prick the seedlings out into individual pots and grow them on in a sheltered outdoor position, planting them out once they are 20cm or more tall. If there is sufficient seed it is best to sow it thinly in an outdoor seedbed[78, 80]. Grow the seedlings on for two years in the seedbed before planting them out into their permanent positions during the winter. Layering in spring takes 18 months[78]. Division of suckers in late winter. The suckers need to have been growing for 2 years before you dig them up, otherwise they will not have formed roots. They can be planted out straight into their permanent positions if required. nwatta We have very little information on this species.

We do not know if it will be hardy in Britain, though it is growing and fruiting well at Kew Gardens in London[K] and judging by its native range it should succeed outdoors in most parts of the country. This species is not stoloniferous[43]. The following notes are based on the general needs of the genus. Prefers a rich loamy soil in a sunny position or semishade[1, 200] but thrives in any soil that is not too dry or water-logged[11]. Grows well in heavy clay soils. All members of this genus have edible fruits and, whilst this is dry and uninteresting in some species, in many others it is sweet and juicy. Many of the species have potential for use in the garden as edible ornamentals. The main draw-back to this genus is that birds adore the fruit and will often completely strip a tree before it is fully ripe[K]. Hybridizes freely with other members of this genus[200]. Grafting onto seedlings of A. lamarckii or Sorbus aucuparia is sometimes practised in order to avoid the potential problem of hybridizing[1].

# 5.0.34 Crataegus flava

Summer Haw, Yellowleaf hawthorn 5 tlin 9 cyuc 3 kcak 3 tcan 2 dwat 8 m hkuc

hmimhtut cyutli hgatkyuctcuphja7n hwicli hrasjlutnyikfrip

hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli drutta Crataegus flava is a deciduous Shrub growing to

8 m (26ft) by 10 m (32ft). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower from May to June. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[46, 61, 95, 161]. well-flavoured[2]. Dry and mealy[82], it is highly esteemed in N. America as a wild fruit gathered for making jellies[183]. The yellow fruit is pear-shaped[245], it is up to 16mm in diameter and is borne in small clusters[229]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta South-eastern N. America - Virginia to Florida, west to Mississippi. ksacta Open woods and low hills in dry sandy or gravelly soils[43, 82].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more

nwatta A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. The fruit is sparsely produced in Britain[11]. A tree at Kew in September 1993 was fruiting heavily[K].

# 5.0.35 Pyrus pyraster

5 tlin 9 cyuc 3 kcak 0 tcan 0 dwat 7 m hkuc hmimhtut cyutli hgattcup hwicli hrasjlutnyikfrip hpa7tli flat-

priklwis hpa7tmwatli xre7t hjonli drutta Pyrus pyraster is a deciduous Tree growing to

or m (23ft) by 5.5 m (18ft). See above for USDA hardiness. It is hardy to UK zone 6. The seeds ripen in September. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semishade (light woodland) or no shade. It prefers moist soil and can tolerate drought. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[177]. The fruit is often borne in abundance and is up to 35mm in diameter. It ripens in late summer to early autumn. It is rather hard and astringent at first, but bletts as soon as it falls from the tree and then has quite a good flavour, becoming soft and quite juicy[K].

nrakta C. and S.W. Europe. ksacta Thickets and open

nrakta C. and S.W. Europe. ksacta Thickets and open woods[50].

propta Seed - best sown in a cold frame as soon as it is ripe in the autumn, it will then usually germinate in mid to late winter. Stored seed requires 8 - 10 weeks cold stratification at 1°c and should be sown as early in the year as possible[200]. Temperatures over 15 - 20°c induce a secondary dormancy in the seed[200]. Prick out the seedlings into individual pots when they are large enough to handle and grow them on in light shade in a cold frame or greenhouse for their first year. Plant them out in late spring or early summer of the following year.

nwatta Prefers a good well-drained loam in full sun[200]. Grows well in heavy clay soils. Tolerates light shade but does not fruit so well in such a position. Tolerates atmospheric pollution, excessive moisture and a range of soil types if they are moderately fertile[200]. Established plants are drought tolerant[200]. Plants are hardy to about -15°c[200].

# 5.0.36 Crataegus pinnatifida

Chinese Haw

5 tlin 9 cyuc 3 kcak 2 tcan 3 dwat 7 m hkuc

hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus pinnatifida is a deciduous Tree growing to 7 m (23ft) by 7 m (23ft). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower in May, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[105, 177]. A pleasant flavour[178]. The orange fruit has a mealy texture with an acid taste and a slight bitterness but is fairly nice raw[K]. It ripens fairly late, specimens seen at the end of October 1998 were not quite fully ripe[K]. The fruit can be used in making pies, preserves, etc, and can also be dried for later use. The fruit is about 15mm in diameter[200], though in some forms it can be 25mm in diameter[266]. A nutritional analysis is available[218]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82]. dwatta Alterative Antibacterial Anticholesterolemic An-

tidote Antiscorbutic Cardiotonic Deobstruent Hypotensive Laxative Stimulant Stomachic VasodilatorThe fruit is antibacterial, anticholesterolemic, cardiotonic, hypotensive, stomachic, vasodilator. It contains several medically active constituents including flavonoids and organic acids[279]. It has been shown to lower blood cholesterol levels and to improve blood circulation[176, 238, 279]. It is used in Korea in the treatment of abdominal distension, pain, diarrhoea and to induce menstruation[279]. The dried fruit is alterative, antiscorbutic, deobstruent, laxative, stimulant and stomachic[218]. The fruits and flowers of hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be effica-cious[222]. It is normally used either as a tea or a tincture[222]. The seed is recommended in the treatment of difficult labour, hernia and swollen genitals[218]. The leaves and twigs are used as an antidote to varnish poisoning (from certain Rhus spp)[218]. The root is used in the treatment of nausea and vomiting[218].

nrakta E. Asia - N. China, Korea. ksacta Riverbanks, on sandy soils or stony slopes[74]. Among shrubs, on slopes at

elevations of 100 - 2000 metres[266].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate [78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more

than two years.

nwatta Industrial Crop: Medicinal Management: Standard Minor Global CropA very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Most trees have very few thorns, some forms are thorn-free[202]. A very ornamental plant[1, 11]. The sub-species C. pinnatifida major has larger fruit than the type species, it is cultivated for this fruit in China[46, 178, 200] Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a standard with a nonsuckering single trunk [1-2]. The root pattern is a tap root similar to a carrot going directly down [1-2].

#### 5.0.37 Amelanchier huroensis

5 tlin 9 cyuc 3 kcak 0 tcan 0 dwat 6 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Amelanchier huroensis is a deciduous Tree growing to 6 m (19ft 8in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower in May. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. The plant is selffertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[177]. The fruit is rich in iron and copper[226].

nrakta North-western N. America - Ontario, Michigan, Wisconsin and Minnesota. ksacta Open woods, cliffs and shores, chiefly on trap or other basic rocks[43].

propta Seed - it is best harvested 'green', when the seed is fully formed but before the seed coat has hardened, and then sown immediately in pots outdoors or in a cold frame. If stored seed is obtained early enough in the autumn, it can be given 4 weeks warm stratification before being left out in the winter and it should then germinate in the spring. Otherwise seed can be very slow to germinate, perhaps taking 18 months or more. When large enough to handle, prick the seedlings out into individual pots and grow them on in a sheltered outdoor position, planting them out once they are 20cm or more tall. If there is sufficient seed it is best to sow it thinly in an outdoor seedbed[78, 80]. Grow the seedlings on for two years in the seedbed before planting them out into their permanent positions during the winter. Layering in spring takes 18 months[78]. Division of suckers in late winter. The suckers need to have been growing for 2 years before you dig them up, otherwise they will not have formed roots. They can be planted out straight into their permanent positions if required.

nwatta We have very little information on this species and do not know if it will be hardy in Britain, though judging by its native range it should succeed outdoors in most parts of the country. The following notes are based on the general needs of the genus. Prefers a rich loamy soil in a sunny position or semi-shade[1, 200] but thrives in any soil that is not too dry or water-logged[11]. Grows well in heavy clay soils. All members of this genus have edible fruits and, whilst this is dry and uninteresting in some species, in many others it is sweet and juicy. Many of the species have potential for use in the garden as edible ornamentals. The main drawback to this genus is that birds adore the fruit and will often completely strip a tree before it is fully ripe[K]. Hybridizes freely with other members of this genus[200]. Grafting onto seedlings of A. lamarckii or Sorbus aucuparia is sometimes practised in order to avoid the potential problem of hybridizing[1].

#### 5.0.38 Crataegus pentagyna

5 tlin 9 cyuc 3 kcak 0 tcan 2 dwat 6 m hkuc

hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus pentagyna is a deciduous Tree growing to 6 m (19ft 8in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower in June. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[2, 46, 105]. It can also be made into preserves[61] and can be dried for later use. The fruit is about 1cm in diameter[200]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta S.E. Europe to the Caucasus. ksacta Woodland margins[45, 50].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at  $15^{\circ}$ c and then cold stratified for another 3 months at  $4^{\circ}$ c[164]. It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Cultivated in China for its edible fruit, it is sold in the local markets[46, 61]. This report might be a mistake, probably applying instead to C. pinnatifida[K] Hybridizes freely with other members of this

genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11].

### 5.0.39 Crataegus aprica

5 tlin 9 cyuc 3 kcak 0 tcan 2 dwat 6 m hkuc hmimhtut cyutli hgatkyuctcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus aprica is a deciduous Tree growing to 6 m (19ft 8in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower in May, and the seeds ripen in November. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry moist or wet soil and can tolerate drought. The plant can tolerate strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. A good dessert fruit, it is sweet and rather juicy[82]. The fruit can be used in making pies, preserves, etc, and can also be dried for later use. The fruit is about 12mm in diameter[200]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta South-eastern N. America - Virginia to Tennessee and Georgia. ksacta Dry woods in the foothills of the Appalachians, 450 - 1000 metres[82].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at  $15^\circ c$  and then cold stratified for another 3 months at  $4^\circ c[164]$ . It may still take another 18 months to germinate[78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also tolerate atmospheric pollution[200]. Hybridizes freely with other

members of this genus[200]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11].

### 5.0.40 Crataegus hupehensis

5 tlin 9 cyuc 3 kcak 0 tcan 2 dwat 5 m hkuc hmimhtut cyutli hgattcuphja7n hwicli hrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli xre7t hjonli

drutta Crataegus hupehensis is a deciduous Tree growing to 5 m (16ft 5in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower from May to June, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Midges. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[46, 105, 177, 200]. Esteemed in China, the fruit is large but inspid[61]. The fruit is up to 2.5cm in diameter[200, 266]. There are up to five fairly large seeds in the centre of the fruit, these often stick together and so the effect is of eating a cherry-like fruit with a single seed[K].

tcanta Wood - heavy, hard, tough, close-grained. Useful for making tool handles, mallets and other small items[82].

dwatta Cardiotonic HypotensiveAlthough no specific mention has been seen for this species, the fruits and flowers of many hawthorns are well-known in herbal folk medicine as a heart tonic and modern research has borne out this use. The fruits and flowers have a hypotensive effect as well as acting as a direct and mild heart tonic[222]. They are especially indicated in the treatment of weak heart combined with high blood pressure[222]. Prolonged use is necessary for it to be efficacious[222]. It is normally used either as a tea or a tincture[222].

nrakta E. Asia - W. China. ksacta Thickets on slopes at elevations of 500 - 2000 metres in Henan, Hubei, Hunan, Jiangsu, Jiangxi, Shaanxi, Shanxi, Sichuan and Zhejiang Provinces[266].

propta Seed - this is best sown as soon as it is ripe in the autumn in a cold frame, some of the seed will germinate in the spring, though most will probably take another year. Stored seed can be very slow and erratic to germinate, it should be warm stratified for 3 months at 15°c and then cold stratified for another 3 months at 4°c[164]. It may still take another 18 months to germinate [78]. Scarifying the seed before stratifying it might reduce this time[80]. Fermenting the seed for a few days in its own pulp may also speed up the germination process[K]. Another possibility is to harvest the seed 'green' (as soon as the embryo has fully developed but before the seedcoat hardens) and sow it immediately in a cold frame. If timed well, it can germinate in the spring[80]. If you are only growing small quantities of plants, it is best to pot up the seedlings as soon as they are large enough to handle and grow them on in individual pots for their first year, planting them out in late spring into nursery beds or their final positions. When growing larger quantities, it might be best to sow them directly outdoors in a seedbed, but with protection from mice and other seed-eating creatures. Grow them on in the seedbed until large enough to plant out, but undercut the roots if they are to be left undisturbed for more than two years.

nwatta A very easily grown plant, it prefers a well-drained moisture retentive loamy soil but is not at all fussy[11, 200]. Once established, it succeeds in excessively moist soils and also tolerates drought[200]. It grows well on a chalk soil and also in heavy clay soils[200]. A position in full sun is best when plants are being grown for their fruit, they also succeed in semi-shade though fruit yields and quality will be lower in such a position[11, 200]. Most members of this genus succeed in exposed positions, they also

tolerate atmospheric pollution[200]. Hybridizes freely with other members of this genus[200]. Seedling trees take from 5 - 8 years before they start bearing fruit, though grafted trees will often flower heavily in their third year[K]. The flowers have a foetid smell somewhat like decaying fish. This attracts midges which are the main means of fertilization. When freshly open, the flowers have more pleasant scent with balsamic undertones[245]. Seedlings should not be left in a seedbed for more than 2 years without being transplanted[11]. Cultivated for its edible fruit in China[46, 61, 109].

### 5.0.41 Amelanchier weigandii

5 tlin 9 cyuc 3 kcak 0 tcan 0 dwat 5 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Amelanchier weigandii is a deciduous Shrub growing to 5 m (16ft 5in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower from April to May. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: FruitEdible Uses: Fruit, raw or cooked. The fruit is rich in iron and copper[226].

nrakta Eastern N. America - Canada. ksacta Not known propta Seed - it is best harvested 'green', when the seed is fully formed but before the seed coat has hardened, and then sown immediately in pots outdoors or in a cold frame. If stored seed is obtained early enough in the autumn, it can be given 4 weeks warm stratification before being left out in the winter and it should then germinate in the spring. Otherwise seed can be very slow to germinate, perhaps taking 18 months or more. When large enough to handle, prick the seedlings out into individual pots and grow them on in a sheltered outdoor position, planting them out once they are 20cm or more tall. If there is sufficient seed it is best to sow it thinly in an outdoor seedbed[78, 80]. Grow the seedlings on for two years in the seedbed before planting them out into their permanent positions during the winter. Layering in spring takes 18 months[78]. Division of suckers in late winter. The suckers need to have been growing for 2 years before you dig them up, otherwise they will not have formed roots. They can be planted out straight into their permanent positions if required.

nwatta We have very little information on this species, though it is growing well at Kew Botanical Gardens, where 8 year old plants are about 3 metres tall with multiple stems and lots of side branches[K]. They were flowering well at the end of April 1995[K]. The following notes are based on the general needs of the genus. Prefers a rich loamy soil in a sunny position or semi-shade[1, 200] but thrives in any soil that is not too dry or water-logged[11]. Grows well in heavy clay soils. All members of this genus have edible fruits and, whilst this is dry and uninteresting in some species, in many others it is sweet and juicy. Many of the species have potential for use in the garden as edible ornamentals. The main draw-back to this genus is that birds adore the fruit and will often completely strip a tree before it is fully ripe[K]. Hybridizes freely with other members of this genus[200]. Grafting onto seedlings of A. lamarckii or Sorbus aucuparia is sometimes practised in order to avoid the potential problem of hybridizing[1].

# 5.0.42 Sambucus racemosa var. racemosa

Red Coast Elder

5 tlin 9 cyuc 3 kcak 2 tcan 2 dwat 3 m hkuc hmimhtut cyutli tcup hwicli hrasilutnyikfrip ho

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Sambucus racemosa var. racemosa is a deciduous Shrub growing to 3 m (9ft 10in). See above for USDA hardiness. It is hardy to UK zone 6. It is in flower from June to July, and the seeds ripen from August to September.

The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerate strong winds but not maritime exposure. It can tolerate atmospheric pollution.

pcista Although no specific mention has been seen for this species, the leaves and stems of some members of this genus are poisonous[9, 76]. The fruit of many species (although no records have been seen for this species) has been known to cause stomach upsets to some people. Any toxin the fruit might contain is liable to be of very low toxicity and is destroyed when the fruit is cooked[65, 76].

kcakta Fruit - raw or cooked[61, 105, 257]. The fruit can

kcakta Fruit - raw or cooked[61, 105, 257]. The fruit can be made into jams and preserves[257]. It can also be dried for winter use[118]. The fruit is about 5mm in diameter and is borne in large clusters[200]. Some caution is advised, see notes above on toxicity. Flowers - raw or cooked.

dwatta The leaves are abortifacient, analgesic, oxytocic and poultice [257]. A decoction of the leaves has been used to terminate a pregnancy and can also be taken during labour to ease the birth [257]. An infusion of the leaves has been used as an antiseptic wash on areas affected by blood poisoning [257]. A poultice of the pounded leaves has been applied to abscess and boils and also to sore joints to help reduce the swelling [257]. A poultice of the cooked shoots has been used to alleviate pain [257]. The bark is cathartic [257]. An infusion of the bark has been used in the treatment of coughs and colds [257]. A poultice of the bark has been applied to sore joints to help reduce the swelling [257]. The fruit has been cooked and eaten as a treatment for stomach problems [257].

nrakta Western N. America - Alaska to California. ksacta River banks in low moist soils from sea-level to 2400 metres[82]. propta Seed - best sown as soon as it is ripe in the au-

tumn in a cold frame, when it should germinate in early spring. Stored seed can be sown in the spring in a cold frame but will probably germinate better if it is given 2 months warm followed by 2 months cold stratification first[78, 98, 113]. Prick out the seedlings into individual pots when they are large enough to handle. If good growth is made, the young plants can be placed in their permanent positions during the early summer. Otherwise, either put them in a sheltered nursery bed, or keep them in their pots in a sheltered position and plant them out in spring of the following year. Cuttings of half-ripe wood, 7 - 10cm with a heel, July/August in a frame[78]. Cuttings of mature wood of the current season's growth 15 - 20cm with a heel, late autumn in a frame or a sheltered outdoor bed[78].

nwatta Tolerates most soils, including chalk[200], but prefers a moist loamy soil[11, 200]. Grows well in heavy clay soils. Tolerates some shade but is best in a sunny position[1]. Tolerates atmospheric pollution and coastal situations[200]. Plants in this genus are notably resistant to honey fungus[200].

#### 5.0.43 Berberis lycium

5 tlin 9 cyuc 3 kcak 1 tcan 3 dwat 3 m hkuc

hmimhtut cyutli kyuctcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Berberis lycium is an evergreen Shrub growing to 3 m (9ft 10in) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in leaf all year, in flower from May to June. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

kcakta Edible Parts: Fruit Leaves Edible Uses: Tea Fruit-raw or cooked and made into preserves [2, 11, 105, 177, 183]. Fairly juicy with a nice slightly acid flavour [K]. The fruits are about 8mm long [200]. Leaves and young shoots - cooked [2, 177, 183]. Leaves are a tea substitute [177, 183].

tcanta DyeA yellow dye is obtained from the root.

dwatta Antibacterial Aperient Cancer Carminative Dysentery Febrifuge OphthalmicThe roots are aperient, carminative, febrifuge and ophthalmic[11, 46, 61, 158, 240]. They are used in the treatment of eye complaints, menorrhagia, chronic diarrhoea and piles[240]. The leaves have been used in the treatment of jaundice[240]. Berberine, universally present in rhizomes of Berberis species, has marked antibacterial effects. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enteric infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine[218]. Berberine has also shown antitumour activity[218].

nrakta E. Asia - Himalayas ksacta Shrubberies and open hillsides[51, 67], usually on hot dry slopes[146], to 3000 metres. in Kashmir[57]. propta Seed - best sown as soon as it is ripe in a cold

frame, when it should germinate in late winter or early spring[78]. Seed from over-ripe fruit will take longer to germinate[78], whilst stored seed may require cold stratification and should be sown in a cold frame as early in the year as possible[80]. The seedlings are subject to damping off, so should be kept well ventilated[113]. When the seedlings are large enough to handle, prick them out into individual pots and grow them on in a cold frame. If growth is sufficient, it can be possible to plant them out into their permanent positions in the autumn, but generally it is best to leave them in the cold frame for the winter and plant them out in late spring or early summer of the following year. Cuttings of half-ripe wood, July/August in a frame. Cuttings of mature wood of the current season's growth, preferably with a heel, October/November in a frame[78].

nwatta Prefers a warm moist loamy soil and light shade but it is by no means fastidious, succeeding in thin, dry and shallow soils[11, 200]. Grows well in heavy clay soils. A fairly hardy plant but it suffers some damage in severe winters[1]. Hybridizes freely with other members of this genus[1]. Plants can be pruned back quite severely, they resprout well from the base[200].

### 5.0.44 Rheum australe

Himalayan Rhubarb

5 tlin 9 cyuc 3 kcak 2 tcan 3 dwat 3 m hkuc hmimhtut cyutli tcup hwicli jlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Rheum australe is a PERENNIAL growing to 3 m (9ft) by 1.5 m (5ft). See above for USDA hardiness. It is hardy to UK zone 6. It is in flower from June to July, and the seeds ripen from July to August. The species is hermaphrodite (has both male and female organs) and is pollinated by Wind. Suitable for: medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista Although no specific mention has been seen for this species, the leaves of some if not all members of this genus contain significant quantities of oxalic acid and should not be eaten in any quantity. Oxalic acid can lock up certain minerals in the body, especially calcium, leading to nutritional deficiency. The content of oxalic acid will be reduced if the plant is cooked. People with a tendency to rheumatism, arthritis, gout, kidney stones or hyperacidity should take especial caution if including this plant in their diet since it can aggravate their condition[238].

kcakta Edible Parts: StemEdible Uses: RutinLeaf stem - raw or cooked[22, 105, 183]. An excellent flavour that is something like apples[2, 183] (this is likely to be a cooking apple!). The crop is sometimes blanched by excluding light from the growing stems, this produces an almost white stem that is free of fibre, crisp and less acid[2]. This species makes an excellent late crop[2]. The stems can also be made into a preserve or be dried and stored for later use[183]. One report says that the plant contains 0.32% rutin[240]. It does not specify which part of the plant, though it is likely to be the leaves[K].

tcanta Dye LiningThe leaves can be up to 1 metre in diameter, they are used as a lining material and also to cover and protect fruit in baskets[2, 37]. A bright yellow dye is obtained from the root[272].

dwatta Digestive Purgative TonicRhubarb has a long and proven history of herbal usage, its main effect being a positive and balancing effect upon the whole digestive system. It is one of the most widely used herbs in Chinese medicine[238]. The main species used is R. palmatum. Though the chemistry varies slightly, this species is used in-terchangeably[238]. The root is anticholesterolemic, antiseptic, antispasmodic, antitumor, aperient, astringent, cholagogue, demulcent, diuretic, laxative, purgative, stomachic and tonic[4, 37, 57, 61, 171, 238, 240]. Small doses act as an astringent tonic to the digestive system, whilst larger doses act as a mild laxative[232]. The root is taken internally in the treatment of chronic constipation, diarrhoea, liver and gall bladder complaints, haemorrhoids, menstrual problems and skin eruptions due to an accumulation of toxins[238]. This remedy is not prescribed for pregnant or lactating women, nor for patients with intestinal obstruction[238]. Externally, the root is used in the treatment of burns[238]. The roots are harvested in October from plants that are at least six years old, they are then dried for later use[4]. A homeopathic remedy is prepared from the dried root[232]. This is used especially in the treatment of diarrhoea in teething children[232]. nrakta E. Asia - Himalayas. ksacta Open slopes on rocky ground at elvations of 3200 - 4200 metres[51, 272]. Grassy

propta Seed - best sown in autumn in a shaded cold frame[200]. The seed can also be sown in spring in a cold frame. When large enough to handle, prick the seedlings out into individual pots and grow them on in the greenhouse or cold frame for their first winter, planting them out in the spring. Division in early spring or autumn[1, 111]. Divide up the rootstock with a sharp spade or knife, making sure that there is at least one growth bud on each division. Larger divisions can be planted out direct into their permanent positions. We have found that it is better to pot up the smaller divisions and grow them on in light shade in a cold frame until they are well established before planting them out in late spring or early summer.

slopes at elevations of 3400 - 4300 metres in Tibet[266].

nwatta Prefers a deep, fertile, moderately heavy, humus rich, moisture retentive, well-drained soil in sun or semishade[200]. Grows well in heavy clay soils. Plants can be grown in quite coarse grass, which can be cut annually in the autumn[233]. Hardy to about -20°c[200]. Plants in this genus seem to be immune to the predations of rabbits[233]. Hybridizes freely with other members of this genus[200]. The root is sold for medicinal purposes in local markets in the Himalayas[46, 61]. Overgathering of this plant from the wild, both for food and for medicine, is becoming a cause of conservation concern[272]. The plant is heat tolerant in zones 8 through 5. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the aboveground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is a clumper with limited spread [1-2].

#### 5.0.45 Acer macrophyllum

Oregon Maple, Bigleaf maple, Oregon Maple 5 tlin 9 cyuc 3 kcak 0 tcan 1 dwat m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli hjonli

drutta Acer macrophyllum is a deciduous Tree growing to 30 m (98ft) by 12 m (39ft) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 6. It is in flower in April, and the seeds ripen in October. The species is monoecious (individual flowers are either male or female, but both sexes can be found on the same plant) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: Flowers Inner bark Leaves Sap SeedEdible Uses: SweetenerThe sap contains a certain amount of sugar and can either be used as a drink, or can be concentrated into a syrup by boiling off the water[105, 177, 183]. The syrup is used as a sweetener on many foods. The concentration of sugar is somewhat lower than in the sugar maples (A. saccharum). The tree trunk is tapped in the early spring, the sap flowing better on warm sunny days following a frost. The best sap production comes from cold-winter areas with continental climates. Inner bark[177]. Eaten in small quantities with oil[257]. No more details are given but inner bark is often dried, ground into a powder and then used as a thickening in soups etc or mixed with cereals when making bread. The leaves, when wrapped round food during baking, impart a nice flavour to the food[99, 118]. Yellow flower clusters - raw. They are sweet with nectar[183]. Seeds - sprouted and then boiled[226]. The sprouted seeds are generally bitter, but the young shoots are quite sweet and juicy[257]. The seeds are about 6mm long and are produced in small clusters[82]. tcanta Basketry Companion Fibre Fuel Hair Preserva-

tcanta Basketry Companion Fibre Fuel Hair Preservative Scourer WoodThe leaves are packed around apples, rootcrops etc to help preserve them[18, 20]. A sticky gum obtained from the buds in spring has been mixed with oil and used as a hair tonic[257]. A fibre obtained from the iner bark is used for making scouring pads, rope and crude dresses[99, 118, 257]. It was harvested in the spring and was also used in making baskets[257]. Young stems are used as coarse twine warp and weft in the manufacture of baskets[257]. Wood - light, soft, not strong, close grained. It is highly valued for timber, furniture and indoor use and is also used for carving bowls, veneer etc[46, 61, 82, 99, 118, 229]. It makes an excellent fuel, producing a hot smokeless flame[226].

dwatta TB TonicAn infusion of the bark has been used in the treatment of TB[257]. The raw sap has been used as a tonic[257].

nrakta Western N. America - southern Alaska to California. ksacta Found in a variety of soil types, on the banks of streams, in rich bottom lands and on rocky slopes of mountain valleys[82, 229].

propta Seed - best sown as soon as it is ripe in a cold frame, it usually germinates in the following spring. Pre-soak stored seed for 24 hours and then stratify for 2 - 4 months at 1 - 8°c. It can be slow to germinate. The seed can be harvested 'green' (when it has fully developed but before it has dried and produced any germination inhibitors) and sown immediately. It should germinate in late winter. If the seed is harvested too soon it will produce very weak plants or no plants at all[80, 113]. When large enough to handle, prick the seedlings out into individual pots and grow them on until they are 20cm or more tall before planting them out in their permanent positions. Layering, which takes about 12 months, is successful with most species in this genus. Cuttings of young shoots in June or July. The cuttings should have 2 - 3 pairs of leaves, plus one pair of buds at the base. Remove a very thin slice of bark at the base of the cutting, rooting is improved if a rooting hormone is used. The rooted cuttings must show new growth during the summer before being potted up otherwise they are unlikely to survive the

nwatta Landscape Uses:Aggressive surface roots possible, Pollard, Specimen, Street tree. Of easy cultivation, it prefers a good moist well-drained soil[11] and a position that is at least moderately sunny[11, 200]. Grows well in heavy clay soils. Chlorosis can sometimes develop as a result of iron deficiency when the plants are grown in alkaline soils, but in general maples are not fussy as to soil pH. Growth of young plants is rapid in the wild, slowing down after 40-50 years with a maximum life span of about 275 years[229]. This species thrives in Britain but it can be cut back in a severe winter if that follows a mild autumn[11]. A very ornamental plant[1]. Most maples are bad companion plants, inhibiting the growth of nearby plants[18, 20]. Special Features:North American native, Fragrant flowers, Inconspicuous flowers or blooms.

#### 5.0.46 Berberis x carminea

5 tlin 9 cyuc 3 kcak 1 tcan 2 dwat 2 m hkuc hmimhtut cyutli tcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli fyifxre7t hjonli

drutta Berberis x carminea is a deciduous Shrub growing to 2 m (6ft) by 2 m (6ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 6. The seeds ripen from September to November. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerate maritime exposure.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. A pleasant though strongly acid flavour, it goes well in a muesli[K]. Most children, and a few adults, really like the fruit raw, but in general most people will prefer to cook it[K]. The fruits are about 10mm in diameter[200].

tcanta DyeA yellow dye is obtained from the root.

dwatta Antibacterial Antitumor DysenteryBerberine, universally present in rhizomes of Berberis species, has marked antibacterial effects. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enteric infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine[218]. Berberine has also shown antitumour activity[218].

nrakta A range of garden hybrids involving B. aggregata as one parent with other closely related species. ksacta Not known in the wild.

propta Seed - best sown as soon as it is ripe in a cold frame, when it should germinate in late winter or early spring[78]. Seed from over-ripe fruit will take longer to germinate[78], whilst stored seed may require cold stratification and should be sown in a cold frame as early in the year as possible[80]. The seedlings are subject to damping off, so should be kept well ventilated[113]. When the seedlings are large enough to handle, prick them out into individual pots and grow them on in a cold frame. If growth is sufficient, it can be possible to plant them out into their permanent positions in the autumn, but generally it is best to leave them in the cold frame for the winter and plant them out in late spring or early summer of the following year. This plant does not breed true from seed because it is a hybrid species. Cuttings of half-ripe wood, July/August in a frame. Cuttings of mature wood of the current season's growth, preferably with a heel, October/November in a frame[78]. Suckers, removed in late autumn/early winter and planted out in situ or potted up and planted out in late spring[200].

nwatta Prefers a warm moist loamy soil and light shade but it is by no means fastidious, succeeding in thin, dry and shallow soils[11, 200]. Grows well in heavy clay soils. Grows well on chalky soils[11]. Plants are hardy to about -15°c[184]. A very ornamental plant[1], there are several named varieties[182]. The cultivar 'Buccaneer' bears very large crops of large fruits, even on small plants[K]. A good bee plant[108], the flowers are very fragrant. Plants can be pruned back quite severely, they resprout well from the base[200].

#### 5.0.47 Mahonia napaulensis

5 tlin 9 cyuc 3 kcak 0 tcan 2 dwat 2.5 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Mahonia napaulensis is an evergreen Shrub growing to 2.5 m (8ft) by 3 m (9ft). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in leaf all year, in flower from March to April. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[272]. An acid flavour, but it is rather nice raw especially when added to muesli or porridge[K]. Unfortunately, there is relatively little flesh and a lot of seeds[K]. The fruit can also be dried and used as raisins[2, 51, 158, 177]. The ovoid fruit is about 12mm long[200].

tcanta DyeA yellow dye is obtained from the stem and leaves[61].

dwatta Antibacterial Antitumor Dysentery Ophthalmic TonicThe fruits are said to be diuretic and demulcent[240, 272]. They are used in the treatment of dysentery[240]. A decoction of the bark is used as eye drops to treat inflammations of the eyes[272]. Berberine, universally present in rhizomes of Mahonia species, has marked antibacterial effects[218] and is used as a bitter tonic[213]. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enteric infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine[218]. Berberine has also shown antitumour activity[218]. The root and root bark are best harvested in the autumn[213].

nrakta E. Asia - Bhutan, Nepal, Sikkim and Uttar Pradesh. ksacta Dense wet oak and rhododendron forests to 2900 metres[51, 184].

propta Seed - best sown as soon as it is ripe in a cold frame[78]. It usually germinates in the spring[K]. 'Green' seed (harvested when the embryo has fully developed but before the seed case has dried) should be sown as soon as it is harvested and germinates within 6 weeks[K]. Stored seed should be sown as soon as possible in late winter or spring. 3 weeks cold stratification will improve its germination, which should take place in 3 - 6 months at 10°c. Prick out the seedlings when they are large enough to handle and grow them on in a cold frame for at least their first winter. Plant them out in late spring or early summer. Cuttings of half ripe wood 15cm long, July in individual pots in a frame[78]. Division of suckers in spring[78]. Whilst they can be placed direct into their permanent positions, better results are achieved if they are potted up and placed in a frame until established[11]. Leaf cuttings in the autumn.

nwatta An easily grown plant, it thrives in any good garden soil[11]. Grows well in heavy clay soils. Prefers a semishaded woodland position in a damp slightly acid to neutral humus rich soil[200]. Requires a position sheltered from cold or strong winds[1]. The plant is slightly tender in Britain[1] though it does well in Cornwall[59]. It under performs in areas where temperatures regularly fall below -10°c[200]. The young growth in spring can be damaged by late frosts[K]. Hybridizes freely with other members of this genus. The flowers have a delicate sweet fragrance[245]. At least one named variety has been developed for its ornamental value. 'Maharajah' appears to be hardier than the type species[182]. Closely allied to M. acanthifolia[11] (which is quoted as a synonym of this species in some books). The differences stated between the two species do not hold true in the wild but in cultivation M. acanthifolia has leaflets with a dull surface, flowers in the autumn and is hardier than many of the spring flowering introductions of M. nepaulensis. Resistant to honey fungus[88].

## 5.0.48 Cynara cardunculus

Cardoon

5 tlin 9 cyuc 3 kcak 1 tcan 5 dwat 2 m hkuc htut cyutli hgatkyuctcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwishsom hpa7tmwatli xre7t hjonli

drutta Cynara cardunculus is a PERENNIAL growing to 2 m (6ft) by 1 m (3ft 3in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower from August to September, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees, Lepidoptera (Moths and Butterflies). Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in saline soils. It cannot grow in the shade. It prefers dry or moist soil and can tolerate drought. The plant can tolerates strong winds but not maritime exposure.

kcakta Edible Parts: Flowers Leaves Root StemEdible Uses: Curdling agentFlower buds - raw or cooked[33, 105]. A globe artichoke substitute[183]. The flower buds are a bit smaller than the globe artichoke and so are even more fiddly to use[K]. The buds are harvested just before the flowers open, they are then usually boiled before being eaten. Only the base of each bract is eaten, plus the 'heart' or base that the petals grow from [K]. The flavour is mild and pleasant and is felt by some people to be more delicate than the globe artichoke[K]. Stems - cooked and used as a celery substitute[2, 27, 33, 46, 61]. It is best to earth up the stems as they grow in order to blanch them and reduce their bitterness[4], these blanched stems can then be eaten cooked or in salads[105, 132, 183]. In Italy raw strips of the stems are dipped into olive oil[183]. We find these stems to be too bitter when eaten raw[K]. Young leaves - raw or cooked. Eaten as a salad by the ancient Romans[183]. Rather bitter[K]. Root cooked like parsnips[27, 105, 183]. Tender, thick and fleshy, with an agreeable flavour[183]. The dried flowers are a rennet substitute, used for curdling plant milks[105, 183].

tcanta DyeThe plant is said to yield a good yellow dye[4],

though the report does not say which part of the plant is used. dwatta Anticholesterolemic Cholagogue Digestive DiureticThe cardoon has become important as a medicinal herb in recent years following the discovery of cynarin. This bitter-tasting compound, which is found in the leaves, improves liver and gall bladder function, stimulates the secretion of digestive juices, especially bile, and lowers blood cholesterol levels[238, 254]. The leaves are anticholesterolemic, antirheumatic, cholagogue, digestive, diuretic, hypoglycaemic and lithontripic[7, 21, 165]. They are used internally in the treatment of chronic liver and gall bladder diseases, jaundice, hepatitis, arteriosclerosis and the early stages of late-onset diabetes[238, 254]. The leaves are best harvested just before the plant flowers, and can be used fresh or dried[238].

nrakta S. Europe. ksacta Stony or waste places and in dry grassland, usually on clay[50].

propta Seed - sow early spring in a greenhouse. Germination is usually quick and good, prick out the seedlings into individual pots as soon as they are large enough to handle and plant them out into their permanent positions during the summer. It would be prudent to give the plants some winter protection in their first year. The seed can also be sown in situ in April. Sow the seed 2cm deep, putting 2 or 3 seeds at each point that you want a plant[1]. Protect the seed from mice[1]. Division of suckers. This is best done in November and the suckers overwintered in a cold frame then planted out in April. Division can also be carried out in March/April with the divisions being planted out straight into their permanent positions, though the plants will be smaller in their first year.

Industrial Crop: nwatta Biomass Management: Hay Management: Standard Staple Crop: OilPrefers a light warm soil and an open position in full sun[37, 200]. For best results, this plant requires plenty of moisture in the growing season and a good rich soil[16, 27, 33, 37], though another report says that it is drought tolerant once established[190]. Plants grew very well with us in the hot and very dry summer of 1995, though they were looking very tatty by September[K]. Tolerates most soils including heavy clays of both acid and alkaline nature, especially when grown in heavier or more spartan soils[200]. Plants are reasonably wind resistant[200, K]. This species is hardy to about -10°c[187]. Plants are more likely to require protection from winter cold when they are grown in a heavy soil[190]. Wet winters can do more harm than cold ones[K]. At one time the cardoon was often grown for its edible stems but it has now fallen into virtual disuse[132]. There are some named varieties[183]. It is a very ornamental foliage plant and makes a very attractive feature in the garden. The leaves are long lasting in water and are often used in flower arrangements[233]. Recent taxonomic revisions (1999) have seen the globe artichoke being merged into this species. However, since from the gardener's point of view it is quite a distinctive plant, we have decided to leave it with its own entry in the database under Cynara scolymus[K]. Plants seem to be immune to the predations of rabbits[233]. In garden design, as well as the above-ground architecture of a plant, root structure considerations help in choosing plants that work together for their optimal soil requirements including nutrients and water. The root pattern is fleshy. Thick or swollen - fibrous

#### Berberis x lologensis 5.0.49

or tap root [2-1].

5 tlin 9 cyuc 3 kcak 1 tcan 2 dwat 2.5 m hkuc hmimhtut cyutli tcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwisslip hpa7tmwatli fyifxre7t hjonli

drutta Berberis x lologensis is an evergreen Shrub growing to 2.5 m (8ft) by 2.5 m (8ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in leaf all year, in flower from April to May, and the seeds ripen from August to September. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils and can grow in very alkaline soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerate maritime exposure.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. A pleasant sub-acid flavour, though there are a lot of seeds to relatively little flesh[K]. Children generally love this fruit, along with some adults, though most adults seem to prefer it cooked in pies, preserves etc[K]. The fruits are about 7mm long[200].

tcanta DyeA yellow dye is obtained from the root.

dwatta Antibacterial Cancer DysenteryBerberine, universally present in rhizomes of Berberis species, has marked antibacterial effects. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enterior infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine[218]. Berberine has also shown antitumour activity[218].

nrakta A garden hybrid, B. darwinii. x B. linearifolia ksacta Not known in the wild.

propta Seed - best sown as soon as it is ripe in a cold frame, when it should germinate in late winter or early spring[78]. Seed from over-ripe fruit will take longer to germinate[78], whilst stored seed may require cold stratification and should be sown in a cold frame as early in the year as possible[80]. The seedlings are subject to damping off, so should be kept well ventilated[113]. When the seedlings are large enough to handle, prick them out into individual pots and grow them on in a cold frame. If growth is sufficient, it can be possible to plant them out into their permanent positions in the autumn, but generally it is best to leave them in the cold frame for the winter and plant them out in late spring or early summer of the following year. This plant does not breed true from seed because it is a hybrid species. Most of the seedlings seedlings revert back to one of the parents, usually B. darwinii[11]. Cuttings of half-ripe wood, July/August in a frame. Cuttings of mature wood of the current season's growth, preferably with a heel, October/November in a frame[78]. Suckers, removed in late autumn/early winter and planted out in situ or potted up and planted out in late spring[200].

nwatta Prefers a warm moist loamy soil and light shade but it is by no means fastidious, succeeding in thin, dry and shallow soils[11, 200]. Grows well in heavy clay soils. Grows well on chalky soils[11]. Plants are hardy to about -15°c[184]. A very ornamental plant[1], there are several named varieties[182]. The cultivar 'Mystery Fire' bears very large crops of fruit, even on small plants[K]. A good bee plant[108], the flowers are very fragrant. Plants can be pruned back quite severely, they resprout well from the base[200].

#### 5.0.50 Mahonia bealei

Beale's barberry, Leatherleaf Mahonia 5 tlin 8 cyuc 3 kcak 0 tcan 2 dwat 2 m hkuc pcimhmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Mahonia bealei is an evergreen Shrub growing to 2 m (6ft) by 2 m (6ft) at a slow rate. See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in leaf all year, in flower from January to March, and the seeds ripen from April to May. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in full shade (deep woodland) semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. A pleasant acid flavour, it is nice when added to muesli or porridge[K]. Unfortunately, there is relatively little flesh and a lot of seeds[K]. The fruit is about 10mm long and 6mm wide[200], it ripens in April/May and if the plant is in a sheltered position the crops can be fairly heavy[K].

dwatta Antibacterial Antiphlogistic Antirheumatic Cancer Depurative Dysentery Febrifuge TonicThe leaf is febrifuge and tonic[218]. A decoction of the root and stems is antiphlogistic, antirheumatic, depurative and febrifuge[147, 218]. A decoction is used in the treatment of pulmonary tuberculosis, recurring fever and cough in rundown body systems, rheumatoid arthritis, backache, weak knees, dysentery and enteritis[147]. The root and root bark are best harvested in the autumn[213]. Berberine, universally present in rhizomes of Mahonia species, has marked antibacterial effects[218] and is used as a bitter tonic[213]. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enteric infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine[218]. Berberine has also shown antitumour activity[218].

nrakta E. Asia - W. China in Hupeh, Hubei, Sichuan and Taiwan. ksacta Damp woodlands in uplands around 2000 metres[184].

propta Seed - best sown as soon as it is ripe in a cold frame[78]. It usually germinates in the spring[K]. 'Green' seed (harvested when the embryo has fully developed but before the seed case has dried) should be sown as soon as it is harvested and germinates within 6 weeks[K]. Stored seed should be sown as soon as possible in late winter or spring. 3 weeks cold stratification will improve its germination, which should take place in 3 - 6 months at 10°c. Prick out the seedlings when they are large enough to handle and grow them on in a cold frame for at least their first winter. Plant them out in late spring or early summer. Division of suckers in spring[78]. Whilst they can be placed direct into their permanent positions, better results are achieved if they are potted up and placed in a frame until established[11]. Leaf cuttings in the autumn.

nwatta Landscape Uses:Border, Foundation, Pest tolerant, Massing, Rock garden, Specimen, Woodland garden. Thrives in any good garden soil[11]. Grows well in heavy clay soils. Survives under quite heavy tree cover[11], thriving in dense shade[182]. Prefers a semi-shaded woodland position in a damp, slightly acid to neutral humus-rich soil[200]. The fully dormant plant is hardy to about -20°c[184], though the young growth in spring can be damaged by late frosts. Scarcely distinct from M. japonica[11, 200], differing mainly in its broader leaflets which are placed closer together on the stem and its erect flower racemes[245]. It is often treated as a subspecies of M. japonica, despite the fact that this species is found in the wild whilst M. japonica is a cultigen and not a wild plant[11, 200]. Plants of the two species are often confused in cultivation. The flowers are sweetly scented[245]. Hybridizes freely with other members of this genus. Special Features: Attractive foliage, Not North American native, Extended bloom season in Zones 9A and above, Fragrant flowers, Attractive flowers or blooms.

#### 5.0.51 Rheum palmatum tanguticum

Da Huang

5 tlin 9 cyuc 3 kcak 0 tcan 5 dwat 2 m hkuc

hmimhtut cyutli tcup hwicli jlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Rheum palmatum tanguticum is a PERENNIAL growing to 2 m (6ft) by 0.8 m (2ft 7in). See above for USDA hardiness. It is hardy to UK zone 6. It is in flower from June to July. The species is hermaphrodite (has both male and female organs) and is pollinated by Wind. Suitable for: medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista Although no specific mention has been seen for this species, the leaves of some if not all members of this genus contain significant quantities of oxalic acid and should not be eaten in any quantity. Oxalic acid can lock up certain minerals in the body, especially calcium, leading to nutritional deficiency. The content of oxalic acid will be reduced if the plant is cooked. People with a tendency to rheumatism, arthritis, gout, kidney stones or hyperacidity should take especial caution if including this plant in their diet since it can aggravate their condition[238]. See Rheum palmatum for possible related information.

kcakta Leaf stem - raw or cooked[2, 7, 105, 183]. The stem is superior in flavour to the common rhubarb and quite tender[2]. An acid flavour, it is sometimes used as a cooked fruit substitute[K].

dwatta Anticholesterolemic Antiseptic Antispasmodic Antitumor Astringent Cholagogue Diuretic Haemostatic PurgativeRhubarb has a long and proven history of herbal usage, its main effect being a positive and balancing effect upon the whole digestive system. It is one of the most widely used herbs in Chinese medicine [238]. The root is anticholesterolemic, antiseptic, antispasmodic, antitumor, aperient, astringent, cholagogue, demulcent, diuretic, laxative, purgative, stomachic and tonic[4, 7, 9, 21, 91, 171, 176, 238]. The roots contain anthraquinones, which have a purgative effect, and also tannins and bitters, which have an opposite astringent effect[244]. When taken in small doses, it acts as an astringent tonic to the digestive system, whilst larger doses act as a mild laxative[232, 244]. The root is taken internally in the treatment of chronic constipation, diarrhoea, liver and gall bladder complaints, haemorrhoids, menstrual problems and skin eruptions due to an accumulation of toxins[238]. This remedy is not prescribed for pregnant or lactating women, nor for patients with intestinal obstruction[238]. Externally, the root is used in the treatment of burns[238]. The roots are harvested in October from plants that are at least six years old, they are then dried for later use[4]. A homeopathic remedy is prepared from the dried root[232]. This is used especially in the treatment of diarrhoea in teething children[232].

nrakta E. Asia - N.W. China. ksacta Valleys at elevations of 1600 - 3000 metres in Gansu, Qinghai and Xizang Provinces[266].

propta Seed - best sown in autumn in a shaded cold frame[200]. The seed can also be sown in spring in a cold frame. When large enough to handle, prick the seedlings out into individual pots and grow them on in the greenhouse or cold frame for their first winter, planting them out in the spring. Division in early spring or autumn[1, 111]. Divide up the rootstock with a sharp spade or knife, making sure that there is at least one growth bud on each division. Larger divisions can be planted out direct into their permanent positions. We have found that it is better to pot up the smaller divisions and grow them on in light shade in a cold frame until they are well established before planting them out in late spring or early summer.

nwatta Prefers a deep, fertile, moderately heavy, humus rich, moisture retentive, well-drained soil in sun or semi-shade[200]. Grows well in heavy clay soils. Plants can be grown in quite coarse grass, which can be cut annually in the autumn[233]. This is a more robust form of the species[200], it is hardy to at least -15°c[238]. This sub-species is favoured for its medicinal properties over the species[244] and is cultivated as a medicinal plant in China[187]. Plants in this genus seem to be immune to the predations of rabbits[233]. Hybridizes freely with other members of this genus[200].

#### 5.0.52 Mahonia japonica

5 tlin 9 cyuc 3 kcak 0 tcan 2 dwat 2 m hkuc pcimhmimhtut cyutli tcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Mahonia japonica is an evergreen Shrub growing to 2 m (6ft) by 3 m (9ft). See above for USDA hardiness. It is hardy to UK zone 6. It is in leaf all year, in flower from February to April, and the seeds ripen from April to June. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in full shade (deep woodland) semi-shade (light woodland) or no shade. It prefers moist soil.

kcakta Édible Parts: FruitEdible Uses: Fruit - raw or cooked. An acid flavour, but it is rather nice raw especially

when added to muesli or porridge[K]. Unfortunately, there is relatively little flesh and a lot of seeds[K]. The ovoid fruit is about 9mm long[200], it ripens in spring and crops can be quite good if the plant is in a sheltered position[K]. The fruit is produced in large clusters and so is easy to harvest[K].

dwatta Antibacterial Antirheumatic Antitumor Antitussive Cancer Depurative Dysentery Expectorant Febrifuge TonicThe leaf is febrifuge and is used as a tonic in cases of cancer[218]. The seed is febrifuge and tonic[218]. The roots and stems are antirheumatic, antitussive, depurative, expectorant and febrifuge[147, 218]. A decoction is used in the treatment of bone-breaking fevers, dizziness and tinnitus, backache, weak knees, dysentery and enteritis[147]. The root and root bark are best harvested in the autumn[213]. Berberine, universally present in rhizomes of Mahonia species, has marked antibacterial effects[218] and is used as a bitter tonic[213]. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enteric infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine[218]. Berberine has also shown antitumour activity[218].

nrakta E. Asia - China, Taiwan. ksacta Damp woodlands in upland areas[147, 200]. Not found in a truly wild situation, this species is possibly only a cultigen.

propta Seed - best sown as soon as it is ripe in a cold frame[78]. It usually germinates in the spring[K]. 'Green' seed (harvested when the embryo has fully developed but before the seed case has dried) should be sown as soon as it is harvested and germinates within 6 weeks[K]. Stored seed should be sown as soon as possible in late winter or spring. 3 weeks cold stratification will improve its germination, which should take place in 3 - 6 months at 10°c. Prick out the seedlings when they are large enough to handle and grow them on in a cold frame for at least their first winter. Plant them out in late spring or early summer. Division of suckers in spring[78]. Whilst they can be placed direct into their permanent positions, better results are achieved if they are potted up and placed in a frame until established[11]. Leaf cuttings in the autumn.

nwatta An easily grown shrub, it thrives in any good garden soil[11] including heavy clays. Prefers a semi-shaded woodland position in a damp, slightly acid to neutral humusrich soil[200]. Survives under very heavy tree shade[184]. Succeeds in poor soils when the leaves will often become bright red, especially if the plant is in full sun. The fully dormant plant is hardy to about -20°c[184], though the young growth in spring can be damaged by late frosts. Plants are very tolerant of pruning and can be cut right back into old wood if they have outgrown their welcome[182]. This species is closely related to M. bealei[11, 200]. It hybridizes freely with other members of the genus. The flowers have a delicious perfume[245]. The form 'Hiemalis' bears larger flower spikes which are almost as strongly scented as Lily of the Valley (Convallaria majalis)[245].

#### 5.0.53 Mentha x smithiana

Red Raripila Mint

5 tlin 9 cyuc 3 kcak 0 tcan 2 dwat 1 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Mentha x smithiana is a PERENNIAL growing to 1 m (3ft 3in) by 1.5 m (5ft). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower from August to September, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista Although no records of toxicity have been seen for this species, large quantities of some members of this genus, especially when taken in the form of the extracted essential call can gave abortions of some caution is advised.

oil, can cause abortions so some caution is advised.

kcakta Edible Parts: LeavesEdible Uses: Condiment
TeaLeaves - raw or cooked. Used as a flavouring in salads
or cooked foods. The sweetly scented leaves can be used in
the same ways as spearmint[238]. A good culinary mint, the

leaves have an attractive red tinge[244]. A herb tea is made from the fresh or dried leaves[238]. It has a very pleasant and refreshing taste of spearmint, leaving the mouth and digestive system feeling clean[K]. An essential oil from the leaves and flowers is used as a flavouring in sweets, ice cream, drinks etc[[238].

tcanta Essential Repellent StrewingAn essential oil is obtained from the whole plant. Rats and mice intensely dislike the smell of mint. The plant was therefore used in homes as a strewing herb and has also been spread in granaries to keep the rodents off the grain[244].

dwatta Antiseptic Febrifuge StomachicRed raripila mint, like many other members of this genus, is often used as a domestic herbal remedy, being valued especially for its antiseptic properties and its beneficial effect on the digestion. Like other members of the genus, it is best not used by pregnant women because large doses can cause an abortion. A tea made from the leaves of most mint species has traditionally been used in the treatment of fevers, headaches, digestive disorders and various minor ailments[222]. The leaves are harvested as the plant comes into flower and can be dried for later use[238]. The essential oil in the leaves is antiseptic, though it is toxic in large doses[222].

nrakta Northern and Central Europe. ksacta Not known propta Seed - this hybrid is usually sterile, and even if seed is produced it will not breed true[200]. If you do obtain seed, then it can be sown in spring in a cold frame. Germination is usually fairly quick. Prick out the seedlings into individual pots when they are large enough to handle and plant them out in the summer. Division can be easily carried out at almost any time of the year, though it is probably best done in the spring or autumn to allow the plant to establish more quickly. Virtually any part of the root is capable of growing into a new plant. Larger divisions can be planted out direct into their permanent positions. However, for maximum increase it is possible to divide the roots up into sections no more than 3cm long and pot these up in light shade in a cold frame. They will quickly become established and can be planted out in the summer.

nwatta A very easily grown plant, it succeeds in most soils and situations so long as the soil is not too dry[200]. Grows well in heavy clay soils. A sunny position is best for production of essential oils, but it also succeeds in partial shade[4]. Prefers partial shade and a slightly acid soil[4, 16]. This species is a hybrid involving M. aquatica x M. arvensis x M. spicata[200]. It has sweetly mint-scented leaves with similar culinary uses to M. spicata. Most mints have fairly aggressive spreading roots and, unless you have the space to let them roam, they need to be restrained by some means such as planting them in containers that are buried in the soil[K]. Hybridizes freely with other members of this genus. The flowers are very attractive to bees and butterflies[24]. A good companion plant for growing near cabbages and tomatoes, helping to keep them free of insect pests[14, 20]. Members of this genus are rarely if ever troubled by browsing deer[233].

# 5.0.54 Impatiens noli

Touch-Me-Not

5 tlin 9 cyuc 3 kcak 0 tcan 2 dwat 1 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Impatiens noli-tangere is a ANNUAL growing to 1 m (3ft 3in). See above for USDA hardiness. It is hardy to UK zone 6. It is in flower from July to September, and the seeds ripen from August to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista Regular ingestion of large quantities of these plants can be dangerous due to their high mineral content[172]. This report, which seems nonsensical, might refer to calcium oxalate. This mineral is found in I. capensis and so is probably also in other members of the genus. It can be harmful raw but is destroyed by thoroughly cooking or drying the plant[K]. People with a tendency to rheumatism, arthritis, gout, kidney stones and hyperacidity should take especial

caution if including this plant in their diet[238].

kcakta Edible Parts: Leaves SeedEdible Uses: Young shoots - cooked[105, 172]. See the notes above on toxicity. Seed - raw. A delicious nutty flavour but rather difficult to harvest[172], mainly because of their exploding seed capsules which scatter the ripe seed at the slightest touch[K].

dwatta Antiseptic Diuretic Emetic LaxativeThe plant is antiseptic, diuretic, strongly emetic, laxative and vulnerary[4, 9, 61]. It has been used in the treatment of stranguary and haemorrhoids[4]. The plant is occasionally used internally in the treatment of haemorrhoids and as a laxative and diuretic, but the dose must be carefully adhered to since large quantities are strongly emetic[9]. The plant is harvested at any time in the summer[9].

nrakta Europe, including Britain, from Scandanavia to France, east to Macedonia and temperate Asia. ksacta By streams, wet ground in woods in N. Wales, the Lake District, Yorkshire and Lancashire[17].

propta Seed - sow spring in a greenhouse. A period of cold stratification may help to improve germination rates. When they are large enough to handle, prick the seedlings out into individual pots and plant them out in the summer. If you have sufficient seed, it is worthwhile trying an outdoor sowing in situ in the spring or the autumn[4].

nwatta Succeeds in any reasonably good soil[1]. Grows well in heavy clay soils. Prefers a moist well-drained humus rich soil in a cool site[200]. Self sows in areas where the minimum temperature is no lower than -15°c[200]. This plant has seed capsules that spring open forcibly as the seed ripens to eject the seed a considerable distance. The capsules are sensitive to touch even before the seed is ripe, making seed collection difficult but fun[K].

#### 5.0.55 Chaenomeles x superba

Dwarf Quince, Flowering Quince

5 tlin 8 cyuc 3 kcak 3 tcan 0 dwat 1 m hkuc

pcimhmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Chaenomeles x superba is a deciduous Shrub growing to 1 m (3ft 3in) by 2 m (6ft) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower from February to June, and the seeds ripen in October. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in full shade (deep woodland) semi-shade (light woodland) or no shade. It prefers moist soil. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - very harsh and acid raw but fragrant when cooked. Used for jams, jellies etc and as a flavouring with cooked apples[K]. The fruit can be apple or pear-shaped and up to 6cm long x 6cm wide[200].

tcanta Hedge HedgePlants can be grown to make a medium sized hedge[200]. Some cultivars, such as 'Crimson and Gold' produce suckers prolifically and are suitable for ground cover[182].

nrakta A hybrid of garden origin, C. japonica x C. speciosa. ksacta Not known in the wild.

propta Seed - best sown as soon as it is ripe in a sheltered position outdoors or in a cold frame[200]. Sow stored seed in February in a greenhouse[78]. Germination usually takes place within 6 weeks[78]. Prick out the seedlings into individual pots as soon as they are large enough to handle. If well grown, these seedling can be large enough to plant out in the summer, but give them some protection in their first winter. Otherwise plant them out in late spring of the following year[K]. This species is a hybrid and so will not breed true from seed. Cuttings of half-ripe wood, July/August in a frame[11]. Easy[113]. Cuttings of mature wood of the current year's growth, November in a cold frame. Layering in late spring or in autumn. This is a sure and easy method, though it takes 12 months[78, 200].

nwatta Landscape Uses:Border, Erosion control, Ground cover, Massing, Woodland garden. Easily cultivated in any reasonably good soil[1, 11]. Prefers a deep moist well-drained loam[11]. Grows well in heavy clay soils. Tolerates full shade but requires a sunny position for best fruit production[3, 11, 200]. Becomes chlorotic on very alkaline

soils[200]. Tolerates atmospheric pollution[200]. Plants are hardy to about -25°c[200]. A very ornamental plant, there are many named varieties[200, 202]. A good bee plant, flowering early in the year and providing pollen and nectar[108]. Plants in this genus are notably resistant to honey fungus[200]. Special Features:Not North American native, Attractive flowers or blooms. In garden design, as well as the above-ground architecture of a plant, root structure considerations help in choosing plants that work together for their optimal soil requirements including nutrients and water. The root pattern is branching: a heart root, dividing from the crown into several primary roots going down and out [2-1].

# 5.0.56 Rumex patientia

Herb Patience

5 tlin 10 cyuc 3 kcak 0 tcan 1 dwat 1.5 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Rumex patientia is a PERENNIAL growing to 1.5 m (5ft) by 0.5 m (1ft 8in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower from June to July, and the seeds ripen in August. The species is hermaphrodite (has both male and female organs) and is pollinated by Wind. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semishade (light woodland) or no shade. It prefers moist soil.

pcista Plants can contain quite high levels of oxalic acid, which is what gives the leaves of many members of this genus an acid-lemon flavour. Perfectly alright in small quantities, the leaves should not be eaten in large amounts since the oxalic acid can lock-up other nutrients in the food, especially calcium, thus causing mineral deficiencies. The oxalic acid content will be reduced if the plant is cooked. People with a tendency to rheumatism, arthritis, gout, kidney stones or hyperacidity should take especial caution if including this plant in their diet since it can aggravate their condition[238].

kcakta Edible Parts: LeavesEdible Uses: Leaves - raw or cooked[1, 2, 5, 37, 177]. Eaten like spinach or made into a delicious puree, they are often mixed with a quarter part of sorrel in order to add flavour to them[183]. A fairly mild flavour[183], they make an excellent vegetable[K]. The leaves are produced very early in the year[27]. Carbon Farming - The hybrid Rumex patientia x tianschanicus is a good staple crop: balanced carb.

tcanta Although no specific mention has been made for this species, dark green to brown and dark grey dyes can be obtained from the roots of many species in this genus, They do not need a mordant[168].

dwatta The juice, and an infusion of the root, has been used as a poultice and salve in the treatment of various skin problems[257]. An infusion of the root has been used in the treatment of constipation[257]. The leaves have been rubbed in the mouth to treat sore throats[257].

nrakta Europe. Naturalized in a few places in Britain[17]. ksacta Waste land in Britain[17].

propta Seed - sow spring in a cold frame. When they are large enough to handle, prick the seedlings out into individual pots and plant them out in the summer. Division in spring.

nwatta Experimental Crop Industrial Crop: Coppice Management: Biomass Management: Standard Staple Crop: Balanced carbA very easily grown plant, it succeeds in most soils, preferring a moist moderately fertile well-drained soil in a sunny position[200]. Formerly cultivated for its edible leaves[1, 2, 37, 50], these can be available in early February if the winter is mild[K]. An important food plant for the caterpillars of many species of butterfly[30]. The hybrid Rumex patientia x tianschanicus (Hybrid sorrel) is a good Carbon Farming plant. Rumex patientia x tianschanicus cultivation: new crop. Management: standard, coppice. Staple Crop: balanced carb. Industrial Crop: biomass.

# 5.0.57 Berberis aggregata

Salmon Barberry

5 tlin 9 cyuc 3 kcak 1 tcan 2 dwat 1.5 m hkuc

hmimhtut cyutli kyuctcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli drutta Berberis aggregata is a deciduous Shrub growing

to 1.5 m (5ft) by 1.5 m (5ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower from June to July, and the seeds ripen from September to November. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil. kcakta Edible Parts: FruitEdible Uses: Fruit - raw or

cooked. A fairly acid lemony flavour, it can be eaten in quantity by those who like acid fruits - children seem particularly keen on it[K]. A very reliable cropper, the fruit is borne in abundance along the stems[1, K]. The fruit is about 7mm in diameter[200].

tcanta DyeA yellow dye is obtained from the root.

dwatta Antibacterial Cancer DysenteryBerberine, uni-

versally present in rhizomes of Berberis species, has marked antibacterial effects. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enteric infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine[218]. Berberine has also shown antitumour activity[218].

nrakta E. Asia - W. China. ksacta Thickets and stream-

sides up to 2500 metres in Kansu and W. Szechwan[67, 109].

propta Seed - best sown as soon as it is ripe in a cold frame, when it should germinate in late winter or early spring[78]. Seed from over-ripe fruit will take longer to germinate[78], whilst stored seed may require cold stratification and should be sown in a cold frame as early in the year as possible[80]. The seedlings are subject to damping off, so should be kept well ventilated[113]. When the seedlings are large enough to handle, prick them out into individual pots and grow them on in a cold frame. If growth is sufficient, it can be possible to plant them out into their permanent positions in the autumn, but generally it is best to leave them in the cold frame for the winter and plant them out in late spring or early summer of the following year. Cuttings of half-ripe wood, July/August in a frame. Cuttings of mature wood of the current season's growth, preferably with a heel,

no means fastidious, succeeding in thin, dry and shallow soils[11, 200]. Grows well in heavy clay soils. Succeeds in full sun or light shade[11, 200]. Hybridizes freely with other members of this genus, especially the closely related B. wilsonae[1]. The true species is seldom seen in gardens, having been replaced with its hybrid progeny[182]. The seedling 'Sibbertoft Coral' is very closely related to B. aggregata and fruits well in Britain[11]. Plants can be pruned back quite severely and will resprout well from the base[200].

nwatta Prefers a warm moist loamy soil but it is by

# 5.0.58 Mentha aquatica

Water Mint

5 tlin 9 cyuc 3 kcak 3 tcan 3 dwat 1 m hkuc

October/November in a frame[78]. Layering.

hmimhtut cyutli tcuphja7nhs6s hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Mentha aquatica is a PERENNIAL growing to 1 m (3ft 3in) by 1 m (3ft 3in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower from July to October, and the seeds ripen from September to October. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist or wet soil and can grow

pcista Although no records of toxicity have been seen for this species, large quantities of some members of this genus, especially when taken in the form of the extracted essential oil, can cause abortions so some caution is advised.

kcakta Edible Parts: LeavesEdible Uses: Condiment TeaLeaves - raw or cooked. A strong distinctive peppermint-like fragrance[183]. Used as a flavouring in salads or cooked foods[5]. The leaves are too pungent for most people to use as a flavouring[244]. A herb tea is made from the leaves[21, 183].

tcanta Repellent StrewingThe plant repels flies, mice

and rats[14, 20, 244]. It has a pleasant, fresh scent and was formerly used as a strewing herb and has been strewn in granaries to keep mice and rats off the grain[14, 244]. The plant, harvested before flowering, yields about 0.8% essential oil[240]. The fresh or dried plant is very good when used in herbal baths and can also be used in herb pillows[244]. Water garden.

dwatta Anodyne Antidiarrhoeal Antiseptic Antispasmodic Astringent Carminative Cholagogue Diaphoretic

modic Astringent Carminative Cholagogue Diaphoretic Emetic Refrigerant Stimulant Stomachic Tonic VasodilatorThe leaves are anodyne, antiseptic, antispasmodic, astringent, carminative, cholagogue, diaphoretic, emetic, refrigerant, stimulant, stomachic, tonic and vasodilator[4, 9, 21]. A tea made from the leaves has traditionally been used in the treatment of fevers, headaches, digestive disorders and various minor ailments[222]. It is also used as a mouth-wash and a gargle for treating sore throats, ulcers, bad breath etc[9]. The leaves are harvested as the plant comes into flower and can be dried for later use[238]. The essential oil in the leaves is antiseptic, though it is toxic in large doses[222].

nrakta Europe, including Britain, south and east to N.

Africa and southwest Asia Also in S. Africa, Madeira ksacta Swamps, fen, marshes, near rivers, streams and ponds, in wet woods[9].

propta Seed - sow spring in a cold frame. Germination is usually fairly quick. Prick out the seedlings into individual pots when they are large enough to handle and plant them out in the summer. Mentha species are very prone to hybridisation and so the seed cannot be relied on to breed true. Even without hybridisation, seedlings will not be uniform and so the content of medicinal oils etc will vary. When growing plants with a particular aroma it is best to propagate them by division[K]. Division can be easily carried out at almost any time of the year, though it is probably best done in the spring or autumn to allow the plant to establish more quickly. Virtually any part of the root is capable of growing into a new plant. Larger divisions can be planted out direct into their permanent positions. However, for maximum increase it is possible to divide the roots up into sections no more than 3cm long and pot these up in light shade in a cold frame. They will quickly become established and can be planted out in the summer.

nwatta Succeeds in most soils and situations so long as the soil is not too dry[1, 16, 200]. Grows well in heavy clay soils. A sunny position is best for production of essential oils, but it also succeeds in partial shade. Plants can grow in water up to 15cm deep[24]. Most mints have fairly aggressive spreading roots and, unless you have the space to let them roam, they need to be restrained by some means such as planting them in containers that are buried in the soil[K]. Hybridizes freely with other members of this genus. The whole plant, especially when bruised, has a pungent aroma of bergamot[245]. The flowers are especially attractive to bees and butterflies[24]. A good companion for brassicas[14]. Members of this genus are rarely if ever troubled by browsing deer[233].

### 5.0.59 Amelanchier obovalis

Southern Juneberry, Coastal serviceberry 5 tlin 9 cyuc 3 kcak 1 tcan 0 dwat 1.5 m hkuc hmimhtut cyutli hgattcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Amelanchier obovalis is a deciduous Tree growing to 1.5 m (5ft) by 1.5 m (5ft). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower from April to May. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline)

soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil and can tolerate drought.

kcakta Edible Parts: FruitEdible Uses: Fruit, raw or cooked[177]. Sweet and of very good quality, the fruit is eaten out of hand or used in pies, preserves, drinks etc[183]. The fruit is rich in iron and copper[226].

nrakta South-eastern N. America - Georgia and Alabama north to southern New Jersey[43]. ksacta Pinelands and low woods[43].

propta Seed - it is best harvested 'green', when the seed is fully formed but before the seed coat has hardened, and then sown immediately in pots outdoors or in a cold frame. If stored seed is obtained early enough in the autumn, it can be given 4 weeks warm stratification before being left out in the winter and it should then germinate in the spring. Otherwise seed can be very slow to germinate, perhaps taking 18 months or more. When large enough to handle, prick the seedlings out into individual pots and grow them on in a sheltered outdoor position, planting them out once they are 20cm or more tall. If there is sufficient seed it is best to sow it thinly in an outdoor seedbed[78, 80]. Grow the seedlings on for two years in the seedbed before planting them out into their permanent positions during the winter. Layering in spring takes 18 months[78]. Division of suckers in late winter. The suckers need to have been growing for 2 years before you dig them up, otherwise they will not have formed roots. They can be planted out straight into their permanent positions if required.

nwatta Prefers a rich loamy soil in a sunny position or semi-shade[1, 200] but thrives in any soil that is not too dry or water-logged[11]. Grows well in heavy clay soils. Plants are stoloniferous[43]. All members of this genus have edible fruits and, whilst this is dry and uninteresting in some species, in many others it is sweet and juicy. Many of the species have potential for use in the garden as edible or-namentals. The main draw-back to this genus is that birds adore the fruit and will often completely strip a tree before it is fully ripe[K]. There is at least one named variety with improved fruits. 'Jennybelle' is a small bush, to 3.5 metres and produces few suckers so is easier to manage[183]. The fruit is up to 12mm in diameter and is sweet even before it is fully ripe. Plants fruit heavily and start to yield when young. They are resistant to drought, frost and high temperatures[183]. Hybridizes freely with other members of this genus[200]. Grafting onto seedlings of A. lamarckii or Sorbus aucuparia is sometimes practised in order to avoid the potential problem of hybridizing[1]. For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. The plant growth habit is multistemmed with multiple stems from the crown [1-2].

#### 5.0.60 Impatiens glandulifera

Jewelweed, Ornamental jewelweed

5 tlin 9 cyuc 3 kcak 0 tcan 1 dwat 1.5 m hkuc

hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Impatiens glandulifera is a ANNUAL growing to 1.5 m (5ft) at a fast rate. See above for USDA hardiness. It is hardy to UK zone 6. It is in flower from August to October, and the seeds ripen from September to November. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista Regular ingestion of large quantities of these plants can be dangerous due to their high mineral content[172]. This report, which seems nonsensical, might refer to calcium oxalate. This mineral is found in I. capensis and so is probably also in other members of the genus. It can be harmful raw but is destroyed by thoroughly cooking or drying the plant[K]. People with a tendency to rheumatism, arthritis, gout, kidney stones and hyperacidity should take especial caution if including this plant in their diet[238].

kcakta Edible Parts: Leaves Oil Oil SeedEdible Uses: Oil OilYoung leaves and shoots - cooked[172, 183]. They should not be used on a regular basis, see warning at top of record[172]. Seed - raw[105, 177]. A delicious nutty flavour[183], but difficult to harvest in quantity mainly because of their exploding seed capsules which scatter the ripe seed at the slightest touch[K] An edible oil is obtained from the seed[17, 177, 183].

tcanta Oil OilAn oil from the seed is used for lighting[17,

dwatta BachThe plant is used in Bach flower remedies the keywords for prescribing it are 'Impatience', 'Irritability' and 'Extreme mental tension'[209]. It is also one of the five ingredients in the 'Rescue remedy' [209].

nrakta E. Asia - W. Himalayas - Pakistan to Uttar Pradesh. Naturalized in Britain. ksacta Shrubberies and bushy places, often on grazing ground, frequently gregarious, 1800 - 4000 metres in the Himalayas[51]. Grows on river banks and waste places in Britain[17].

propta Seed - sow spring in a greenhouse. A period of cold stratification may help to improve germination rates. When they are large enough to handle, prick the seedlings out into individual pots and plant them out in the summer. If you have sufficient seed, it is worthwhile trying an outdoor sowing in situ in the spring.

nwatta Succeeds in any reasonably good soil[1]. Grows well in heavy clay soils. Prefers a moist well-drained humus rich soil in a cool site[200]. Self sows in areas where the minimum temperature is no lower than -15°c[200]. This plant has seed capsules that spring open forcibly as the seed ripens to eject the seed a considerable distance. The capsules are sensitive to touch even before the seed is ripe, making seed collection difficult but fun[K].

#### 5.0.61 Berberis rubrostilla

5 tlin 9 cyuc 3 kcak 1 tcan 2 dwat 1.5 m hkuc hmimhtut cyutli kyuctcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli drutta Berberis rubrostilla is a deciduous Shrub grow-

ing to 1.5 m (5ft) by 1.5 m (5ft). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower from June to July. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked. Fairly large for a barberry, it is pear shaped with an acid flavour[K]. It can be eaten raw in small quantities, though most people would probably prefer to cook it in pies, preserves etc[K]. The fruits are about 15mm long[200]. tcanta DyeA yellow dye is obtained from the root.

dwatta Antibacterial Cancer DysenteryBerberine, universally present in rhizomes of Berberis species, has marked antibacterial effects. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enterior infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine [218]. Berberine has also shown antitumour activity[218].

nrakta A hybrid of garden origin, B. aggregata x B. wilsoniae? ksacta Not known in the wild.

propta Seed - best sown as soon as it is ripe in a cold frame, when it should germinate in late winter or early spring[78]. Seed from over-ripe fruit will take longer to germinate[78], whilst stored seed may require cold stratification and should be sown in a cold frame as early in the year as possible[80]. The seedlings are subject to damping off, so should be kept well ventilated[113]. When the seedlings are large enough to handle, prick them out into individual pots and grow them on in a cold frame. If growth is sufficient, it can be possible to plant them out into their permanent positions in the autumn, but generally it is best to leave them in the cold frame for the winter and plant them out in late spring or early summer of the following year. A hybrid species, it will not breed true from seed. Cuttings of halfripe wood, July/August in a frame. Cuttings of mature wood of the current season's growth, preferably with a heel, October/November in a frame[78].

nwatta Prefers a warm moist loamy soil but it is by no means fastidious, succeeding in thin, dry and shallow soils[11, 200]. Grows well in heavy clay soils. Succeeds in full sun or light shade[11, 200]. This is probably not a true species but a hybrid involving B. wilsonae and perhaps B. aggregata. There are a number of named varieties selected for their ornamental value, many of these have quite large fruits which are freely borne. The cultivar 'Crawleyensis' has fruits up to 1.5cm long[200]. Hybridizes freely with other members of this genus[1]. Plants can be pruned back quite severely, they resprout well from the base[200].

### 5.0.62 Chaenomeles japonica

Dwarf Quince, Maule's quince, Japanese Flowering Quince 5 tlin 8 cyuc 3 kcak 3 tcan 0 dwat 1 m hkuc pcimhmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flat-

priklwis hpa7tmwatli xre7t hjonli drutta Chaenomeles japonica is a deciduous Shrub

growing to 1 m (3ft 3in) by 2 m (6ft) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 5 and is not frost tender. It is in flower in April, and the seeds ripen from November to January. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils, prefers well-drained soil and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in full shade (deep woodland) semishade (light woodland) or no shade. It prefers moist soil. It can tolerate atmospheric pollution.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[2, 3, 4, 11, 177, 183]. Very harsh and acid raw but fragrant when cooked, imparting a strong pleasant flavour to jams and jellies[1, 200], it is especially good cooked with apples in apple pies[K]. The fruit is apple-shaped and about 4cm in diameter[200]. The rich aromatic juice, as tart as a lemon, is squeezed and used for culinary purposes[183].

tcanta Plants sucker freely and can be used as a ground cover. The form C. japonica alpina grows to about half the size of the species, it is especially suitable and can be planted about 1 metre apart each way[208].

nrakta E. Asia - Japan ksacta Woods in low mountains, C. and S. Japan[58].

propta Seed - best sown as soon as it is ripe in a sheltered position outdoors or in a cold frame[200]. Sow stored seed in February in a greenhouse[78]. Germination usually takes place within 6 weeks[78]. Prick out the seedlings into individual pots as soon as they are large enough to handle. If well grown, these seedling can be large enough to plant out in the summer, but give them some protection in their first winter. Otherwise plant them out in late spring of the following year[K]. Cuttings of half-ripe wood, July/August in a frame[11]. Easy[113]. Cuttings of mature wood of the current year's growth, November in a cold frame. Layering in late spring or in autumn. This is a sure and easy method, though it takes 12 months[78, 200]. Division of suckers in late winter[113]. They can be planted out straight into their permanent positions.

nwatta Landscape Uses:Border, Hedge, Massing, Woodland garden. Easily cultivated in any reasonably good soil[1]. Prefers a deep moist well-drained loam[4, 11]. Grows well in heavy clay soils. Tolerates full shade but requires a sunny position for best fruit production[3, 11, 200]. Becomes chlorotic on very alkaline soils[200]. Tolerates atmospheric pollution[200]. A very ornamental plant[1], it is hardy to about -25°c[200] and fruits freely in Britain[11]. Plants are occasionally cultivated for their edible fruit[183]. This species is closely allied to C. speciosa[11]. A good bee plant, flowering early in the year and providing pollen and nectar[108]. Plants in this genus are notably resistant to honey fungus[200]. Special Features: Not North American native, Attractive flowers or blooms. In garden design, as well as the above-ground architecture of a plant, root structure considerations help in choosing plants that work together for their optimal soil requirements including nutrients and water. The root pattern is branching: a heart root, dividing from the crown into several primary roots going down and out [2-1].

# 5.0.63 Berberis angulosa

5 tlin 9 cyuc 3 kcak 1 tcan 2 dwat 1 m hkuc hmimhtut cyutli kyuctcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Berberis angulosa is a deciduous Shrub growing to 1 m (3ft 3in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower in May. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. The plant is self-fertile. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil.

kcakta Edible Parts: FruitEdible Uses: Fruit - raw or cooked[2, 105, 177]. The relatively large berries are freely borne and are more palatable than most barberries[1, 3, 11]. The fruit is about 12mm in diameter[200].

tcanta DyeA yellow dye is obtained from the root.

dwatta Antibacterial Cancer DysenteryBerberine, universally present in rhizomes of Berberis species, has marked antibacterial effects. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enteric infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine[218]. Berberine has also shown antitumour activity[218].

nrakta E. Asia - Himalayas (Nepal) ksacta Alpine regions, open places in forests and amongst rocks in river beds to 4500 metres[51, 67].

propta Seed - best sown as soon as it is ripe in a cold frame, when it should germinate in late winter or early spring[78]. Seed from over-ripe fruit will take longer to germinate[78], whilst stored seed may require cold stratification and should be sown in a cold frame as early in the year as possible[80]. The seedlings are subject to damping off, so should be kept well ventilated[113]. When the seedlings are large enough to handle, prick them out into individual pots and grow them on in a cold frame. If growth is sufficient, it can be possible to plant them out into their permanent positions in the autumn, but generally it is best to leave them in the cold frame for the winter and plant them out in late spring or early summer of the following year. Cuttings of half-ripe wood, July/August in a frame. Cuttings of mature wood of the current season's growth, preferably with a heel, October/November in a frame[78]. Layering.

nwatta Prefers a warm moist loamy soil but it is by no means fastidious, succeeding in thin, dry and shallow soils[11, 200]. Grows well in heavy clay soils. Succeeds in full sun or light shade[200]. Plants can be pruned back quite severely and will resprout well from the base[200]. Hybridizes freely with other members of this genus[1]. This species is closely related to B. ludlowii, B. cappilaris and B. parisepala[200].

#### 5.0.64 Mentha requienii

Corsican Mint, Mint

5 tlin 9 cyuc 3 kcak 3 tcan 2 dwat 0.1 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Mentha requienii is a PERENNIAL growing to 0.1 m (0ft 4in) by 0.5 m (1ft 8in). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower from July to August. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista Although no records of toxicity have been seen for this species, large quantities of some members of this genus, especially when taken in the form of the extracted essential oil, can cause abortions so some caution is advised.

kcakta Edible Parts: LeavesEdible Uses: Condiment TeaLeaves - raw or cooked. A very strong peppermint-like aroma, it is used as a flavouring in salads, cooked foods and liqueurs[183]. A herb tea is made from the leaves.

tcanta Essential Repellent StrewingAn essential oil with a strong peppermint scent is obtained from the whole plant. Rats and mice intensely dislike the smell of mint. The plant was therefore used in homes as a strewing herb and has also been spread in granaries to keep the rodents off the grain[244]. An ornamental ground cover plant[183].

dwatta Antiseptic Carminative FebrifugeA tea made from the leaves of most mint species has traditionally been used in the treatment of fevers, headaches, digestive disorders and various minor ailments[222]. The leaves are harvested as the plant comes into flower and can be dried for later use[238]. The essential oil in the leaves is antiseptic, though it is toxic in large doses[222].

nrakta Europe - Mediterranean in Corsica, Sardinia and Italy. Occasionally naturalized in Britain. ksacta Not known propta Seed - sow spring in a cold frame. Germination is usually fairly quick. Prick out the seedlings into individual pots when they are large enough to handle and plant them out in the summer. Mentha species are very prone to hybridisation and so the seed cannot be relied on to breed true. Even without hybridisation, seedlings will not be uniform and so the content of medicinal oils etc will vary. When growing plants with a particular aroma it is best to propagate them by division[K]. Division can be easily carried out at almost any time of the year, though it is probably best done in the spring or autumn to allow the plant to establish more quickly. Virtually any part of the root is capable of growing into a new plant. Larger divisions can be planted out direct into their permanent positions. However, for maximum increase it is possible to divide the roots up into sections no more than 3cm long and pot these up in light shade in a cold frame. They will quickly become established and can be planted out

nwatta Reaching only 1-3 cm in height. Succeeds in

in the summer.

most soils and situations so long as the soil is not too dry[200]. This species of mint will grow in drier soils than the other mints[245]. It also grows well in heavy clay soils. A sunny position is best for production of essential oils, but it also succeeds in partial shade. Prefers a shady posi-tion[188]. Fairly tolerant of being walked on, it grows well in the cracks of paving stones and also as a lawn with thyme and camomile[245]. This species is not hardy in all areas of Britain[238]. However, the plant usually self-sows even when the parent plant is killed by frost[238]. The whole plant is strongly aromatic with a peppermint aroma[245]. The flowers are very attractive to bees and butterflies. A good companion plant for growing near cabbages and tomatoes, helping to keep them free of insect pests. Members of this genus are rarely if ever troubled by browsing deer[233]. The plant is heat tolerant in zones 9 through 6. (Plant Hardiness Zones show how well plants withstand cold winter temperatures. Plant Heat Zones show when plants would start suffering from the heat. The Plant Heat Zone map is based on the number of "heat days" experienced in a given area where the temperature climbs to over 86 degrees F (30°C). At this temperature, many plants begin to suffer physiological damage. Heat Zones range from 1 (no heat days) to 12 (210 or more heat days). For example Heat Zone. 11-1 indicates that the plant is heat tolerant in zones 11 through 1.) For polyculture design as well as the above-ground architecture (form - tree, shrub etc. and size shown above) information on the habit and root pattern is also useful and given here if available. A clumping mat former. Forming a dense prostrate carpet with a limited spread [1-2]. The root pattern is rhizomatous with underground stems sending roots and shoots along their length [1-2]. The root pattern is stoloniferous rooting from creeping stems above the ground [1-2].

#### 5.0.65 Primula vulgaris

Primrose, Common Primrose, English Primrose 5 tlin 10 cyuc 3 kcak 3 tcan 3 dwat 0.3 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli fyifxre7t hjonli

drutta Primula vulgaris is a PERENNIAL growing to 0.3 m (1ft) by 0.3 m (1ft in) at a medium rate. See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. It is in flower from December to May, and the seeds ripen from April to August. The species is hermaphrodite (has both male and female organs) and is pollinated by Bees, Lepidoptera (Moths and Butterflies). The plant is self-fertile.

Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil. The plant can tolerate maritime exposure.

kcakta Edible Parts: Flowers LeavesEdible Uses: TeaYoung leaves - raw or cooked as a potherb, added to soups etc[2, 177, 183]. A mild flavour, though the texture is a bit tough[K]. The leaves are often available all through the winter[K]. Flowers - raw or cooked. They make an attractive garnish to salads[4, 183, 238, K], and can also be used as a cooked vegetable or in conserves etc[4, 183]. Picked when first opened, the flowers are fermented with water and sugar to make a very pleasant and intoxicating wine[2]. Both the flowers and the leaves can be made into a syrup or a tea[183]. tcanta Makes a good carpet in open woodland and on

tcanta Makes a good carpet in open woodland and on woodland edges[24, 31]. Plants are best spaced about 35cm apart each way[208]. Attractive flowers.

dwatta Anodyne Antispasmodic Astringent Emetic Sedative VermifugePrimroses have a very long history of medicinal use and has been particularly employed in treating conditions involving spasms, cramps, paralysis and rheumatic They are, however, considered to be less efpains[238]. fective than the related P. veris[238]. The plant contains saponins, which have an expectorant effect, and salicylates which are the main ingredient of aspirin and have anodyne, anti-inflammatory and febrifuge effects[238]. This remedy should not be prescribed for pregnant women, patients who are sensitive to aspirin, or those taking anti-coagulant drugs such as warfarin[238]. The roots and the flowering herb are anodyne, antispasmodic, astringent, emetic, sedative and vermifuge[4]. An infusion of the roots is a good remedy against nervous headaches[4]. The roots are harvested in the autumn when two or three years old and dried for later use[4]. An ointment has been made from the plant and used for treating skin wounds[244].

nrakta Western Europe, including Britain, from Norway south and east to N. Africa and W. Asia. ksacta Woods and hedgerows on acid and calcareous soils[4, 17]. Also found in the open on north-facing slopes in south-western England[31].

propta Seed - best sown as soon as it is ripe in a cold frame[133]. Sow stored seed in early spring in a cold frame[1]. Germination is inhibited by temperatures above 20°c[200]. When they are large enough to handle, prick the seedlings out into individual pots and plant them out in the summer. Division in autumn. This is best done every other year[200].

nwatta Landscape Uses:Container, Ground cover, Rock garden, Woodland garden. Prefers a medium to heavy moisture retentive humus rich loam in a cool position with light to medium shade[200]. Grows well in heavy clay soils. Plants are hardy to about -25°c[187]. A very ornamental plant, there are many named varieties[187]. The blooms have a characteristic fragrance of a mossy bank or a deciduous woodland[245]. This species hybridizes readily with P. elatior[17]. Special Features: Attractive foliage, Edible, Fragrant foliage, Not North American native, Naturalizing, Suitable for dried flowers, Fragrant flowers.

# 5.0.66 Mentha x gracilis

Ginger Mint

5 tlin 9 cyuc 3 kcak 0 tcan 2 dwat 0.5 m hkuc hmimhtut cyutli tcup hwicli hrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Mentha x gracilis is a PERENNIAL growing to 0.5 m (1ft 8in) by 0.6 m (2ft). See above for USDA hardiness. It is hardy to UK zone 6 and is not frost tender. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay soil. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.

pcista Although no records of toxicity have been seen for this species, large quantities of some members of this genus, especially when taken in the form of the extracted essential oil, can cause abortions so some caution is advised.

kcakta Edible Parts: LeavesEdible Uses: Condiment TeaLeaves - raw or cooked. They are used as a flavouring in salads or cooked foods[61, 105]. A refreshing odour and taste[183], they are said to go particularly well with melon, tomatoes and fruit salads[238]. The slight ginger scent make them an interesting addition to fresh salads[244]. A herb tea is made from the leaves. An essential oil from the leaves is used as a spearmint flavouring, it is especially used in N. America in chewing gums[183, 238].

tcanta Essential Repellent StrewingThe essential oil obtained from the leaves has a spearmint flavour and is used commercially in N. America[238]. Rats and mice intensely dislike the smell of mint. The plant was therefore used in homes as a strewing herb and has also been spread in granaries to keep the rodents off the grain[244].

dwatta Antiseptic Carminative FebrifugeGinger mint, like many other members of this genus, is often used as a domestic herbal remedy, being valued especially for its antiseptic properties and its beneficial effect on the digestion. Like other members of the genus, it is best not used by pregnant women because large doses can cause an abortion. A tea made from the leaves has traditionally been used in the treatment of fevers, headaches, digestive disorders and various minor ailments[222]. The leaves are harvested as the plant comes into flower and can be dried for later use[238]. The essential oil in the leaves is antiseptic, though it is toxic in large doses[222].

nrakta A hybrid, M. arvensis x M. spicata. ksacta Not known in a truly wild situation.

propta Seed - sow spring in a cold frame. Germination is usually fairly quick. Prick out the seedlings into individual pots when they are large enough to handle and plant them out in the summer. Mentha species are very prone to hybridisation and so the seed cannot be relied on to breed true. Even without hybridisation, seedlings will not be uniform and so the content of medicinal oils etc will vary. When growing plants with a particular aroma it is best to propagate them by division[K]. Division can be easily carried out at almost any time of the year, though it is probably best done in the spring or autumn to allow the plant to establish more quickly. Virtually any part of the root is capable of growing into a new plant. Larger divisions can be planted out direct into their permanent positions. However, for maximum increase it is possible to divide the roots up into sections no more than 3cm long and pot these up in light shade in a cold frame. They will quickly become established and can be planted out in the summer.

nwatta Succeeds in most soils and situations so long as the soil is not too dry[1, 200]. Grows well in heavy clay soils. A sunny position is best for production of essential oils, but it also succeeds in partial shade. This species is somewhat less easy in cultivation than most other mints. It can be lost over winter if the weather is very cold or wet so ensure that it is grown in a warm, well-drained sunny position[K]. A sterile hybrid, the result of a cross between M. arvensis and M. spicata, though it can back-cross with its parents. There are some named varieties[183], most of which have variegated leaves. A polymorphic species[200]. Most mints have fairly aggressive spreading roots and, unless you have the space to let them roam, they need to be restrained by some means such as planting them in containers that are buried in the soil[K]. The whole plant has a strong minty aroma with a hint of ginger[245]. The flowers are very attractive to bees and butterflies. A good companion plant for growing near cabbages and tomatoes, helping to keep them free of insect pests. Members of this genus are rarely if ever troubled by browsing deer[233].

#### 5.0.67 Mahonia nervosa

Oregon Grape, Cascade barberry 5 tlin 9 cyuc 3 kcak 3 tcan 2 dwat 0.6 m hkuc

# 6 Alphabetical Index

pcimhmimhtut cyutli kyuctcup hwicli hyishrasjlutnyikfrip hpa7tli flatpriklwis hpa7tmwatli xre7t hjonli

drutta Mahonia nervosa is an evergreen Shrub growing to 0.6 m (2ft) by 1 m (3ft 3in) at a slow rate. See above for USDA hardiness. It is hardy to UK zone 6. It is in leaf all year, in flower from February to April. The species is hermaphrodite (has both male and female organs) and is pollinated by Insects. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and can grow in heavy clay and nutritionally poor soils. Suitable pH: mildly acid, neutral and basic (mildly alkaline) soils. It can grow in full shade (deep woodland) semi-shade (light woodland) or no shade. It prefers dry or moist soil.

kcakta Edible Parts: Fruit LeavesEdible Uses: Fruit -

raw or cooked[2, 3, 101]. An acid flavour but it is rather nice raw, especially when added to muesli or porridge[K]. Unfortunately, there is relatively little flesh and a lot of seeds[K]. Too acid for most tastes but they are very good in jams, jellies, pies etc[183]. They can also be used to enhance the flavour of bland fruits or made into a refreshing lemon-flavoured drink[183]. The fruit is about 8mm in diameter[200]. Young tender leaves - cooked. Simmered in a small amount of water and eaten as a snack[183].

tcanta DyeA yellow dye is obtained from the inner bark of the stem and roots[98, 101, 257]. Dark green, violet and dark blue-purple dyes are obtained from the fruit[168]. A green dye is obtained from the leaves[168]. Plants can be grown as a ground cover, spaced about 30cm apart each way[208]. They are very slow to spread[208] and so will need weeding for their first few years after planting[K].

dwatta Antiarthritic Antibacterial Antitumor Blood tonic

dwatta Antiarthritic Antibacterial Antitumor Blood tonic Dysentery Laxative TonicThe root is alterative and tonic[4]. It improves the digestion and absorption and is recommended in the treatment of psoriasis, syphilis and impure blood conditions[4, 257]. A decoction of the peeled and chopped root bark has been used as a wash in treating arthritis and as an eyewash for red itchy eyes[257]. The fruit is an excellent safe and gentle laxative[257]. Berberine, universally present in rhizomes of Mahonia species, has marked antibacterial effects[218] and is used as a bitter tonic[213]. Since it is not appreciably absorbed by the body, it is used orally in the treatment of various enteric infections, especially bacterial dysentery[218]. It should not be used with Glycyrrhiza species (Liquorice) because this nullifies the effects of the berberine[218]. Berberine has also shown antitumour activity[218]. The root and root bark are best harvested in the autumn[213].

nrakta North-western N. America. ksacta Light dry woods and rocky ledges[60, 67].

propta Seed - best sown as soon as it is ripe in a cold frame[78]. It usually germinates in the spring[K]. 'Green' seed (harvested when the embryo has fully developed but before the seed case has dried) should be sown as soon as it is harvested and germinates within 6 weeks[K]. Stored seed should be sown as soon as possible in late winter or spring. 3 weeks cold stratification will improve its germination, which should take place in 3 - 6 months at 10°c. Prick out the seedlings when they are large enough to handle and grow them on in a cold frame for at least their first winter. Plant them out in late spring or early summer. Division of suckers in spring[78]. Whilst they can be placed direct into their permanent positions, better results are achieved if they are potted up and placed in a frame until established[11]. Leaf cuttings in the autumn.

nwatta An easily grown plant, it thrives in any good garden soil[11, 200] but also succeeds in poor dry ones. Another report says that it is best on a lime-free soil[182]. Grows well in heavy clay soils. Prefers a sunny position[3] but succeeds in heavy woodland shade[K]. Hybridizes freely with other members of this genus. Plants are growing and fruiting well at Wakehurst Place in Sussex, but they do not generally do well in Britain[11]. Resistant to honey fungus[88].

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