






YOKER COMMUNITY FOREST GARDEN

MENU

	<u>Name</u>	<u>Species</u>	<u>Flower</u>	<u>Ripe Fruit</u>	<u>Edible parts/other info</u>
	Apple	<i>Malus Domestica</i> 'Discovery' + 'Jupiter'	Apr-May	Aug-Sep Oct-Jan	Apples, raw or cooked
	Pear	<i>Pyrus Communis</i> 'Conference'	Apr-May	Oct-Nov	Pears, raw or cooked
	Cherry	<i>Prunus Avium</i> 'Compact Stella'	Apr-May	Jul-Aug	Cherries, raw or cooked
	Siberian Pea Tree	<i>Caragana Arborescens</i> 'Pendula'	May-Jun	July	Pea pods raw when young, peas cooked like lentils when older
	Silverberry	<i>Elaeagnus Ebbingei</i>	Apr-May	Oct-Jan	Berries are good when ripe. Seed is an edible nut but surrounded by fiber you can spit out.

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	Thorny olive	<i>Elaeagnus Pungens</i>	Apr-May	Nov-Feb	Berries are good when ripe. Seed is an edible nut but surrounded by fiber you can spit out.
	Hazelnut	<i>Corylus Maxima 'Kentish Cob' + Avellana 'Contorta'</i>	Jan-Apr	Sep-Oct	Hazelnuts, raw or cooked. Get them before the squirrels!
	Juneberry	<i>Amelanchier Lamarckii + 'Ballerina'</i>	Apr-May	July	Tasty berries look like blueberry, eat raw or cooked
	Raspberry	<i>Rubus Idaeus 'Malling Jewel' + 'Polka'</i>	Jun-Jul	Summer /Autumn	Raspberries best raw, but good cooked too. Leaves can make a nice tea.
	Blueberry	<i>Vaccinium Corymbosum 'Patriot'</i>	May	June	Berries taste great. Always best off the bush.
	Blackcurrant	<i>Ribes Nigrum 'Ben Connan' + 'Baldwin'</i>	May-Jun	July	Big plump fruit, raw or cooked in a jam

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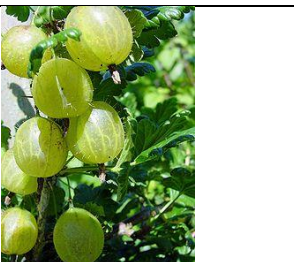



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	Redcurrant	<i>Ribes Rubrum 'Rosetta'</i>	Jun- July	August	Edible currants, try them raw but you might like them more cooked
	Whitecurrant	<i>Ribes Rubrum 'Versailles'</i>	Apr- May	Jul-Aug	Edible currants, try them raw but you might like them more cooked
	Gooseberry	<i>Uva Crispa 'Hinomaki Green' + 'Invicta'</i>	Apr- May	Jul-Aug	Big tasty berries, raw or cooked
	Jostaberry	<i>Ribes Nidigrolaria</i>	Apr- May	Jul-Aug	Berries are tasty however you eat them

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	Barberry	<i>Berberis Darwinii 'Compacta'</i>	Apr-May	Sep-Oct	Very sour berries. Kids love them. Use them like lemon!
	Shallon	<i>Gaultheria Shallon</i>	May-Jun	Sep-Oct	Sweet berries when ripe, almost like blueberries
	Broom	<i>Cytisus Scoparius</i>	May-Jun		Nibble on the flowers
	Day lily	<i>Hemerocallis 'Frans hals' + 'Kwanso'</i>	Jul-Sep		Flowers only bloom for a day, but very tasty. Try them fried!

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	Sweet violet	<i>Viola Odorata</i>	Feb- Apr		Tasty flowers and leaves to nibble. Flower often made into syrup or added to dessert.
	Primrose	<i>Primula Vulgaris</i>	Dec- May		Tasty flowers and leaves to nibble
	Clustered Bell Flower	<i>Campanula Glomerata</i>	Jun-Jul		Tasty flowers and leaves to nibble or add to a salad
	Trailing Bell Flower	<i>Campanula Poscharskyana</i>	Jul-Sep		Tasty flowers and leaves to nibble or add to a salad
	Rosemary	<i>Rosmarinus Officinalis</i>	Mar- Oct		Good for adding to roasts

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	Thyme	<i>Thymus Vulgaris</i>	Jun-Aug	Good spice for all sorts of dishes
	Mint	<i>Mentha Spicata 'Moroccan'+ Suaveolens 'Apple' + Gracilis 'Ginger'</i>	July	Use the leaves and stems to make teas, sauces, or add to salad
	Marjoram	<i>Origanum Marjorama</i>	Jun-Sep	Good spice to add to food, milder than oregano but tasty
	Oregano	<i>Origanum Vulgare 'Crinkle leaf'</i>	Jul-Sep	Leaves are great to add to pizzas and pastas
	Lemon Balm	<i>Melissa Officinalis</i>	Jun-Oct	Lemon flavored leaves good for using in cooked food, salad, or making tea. Very calming!

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	Mallow	<i>Malva Sylvestris</i>	Jun-Sep	Tasty leaves thicken soups, good in salad. Flowers and seeds good to nibble or in salad
	Marshmallow	<i>Althaea Officinalis</i>	Jul-Sep	Tasty leaves thicken soups. Water from cooking the plant can be used as egg substitute.
	Babbington's Leek	<i>Allium Ampeloprasum Babingtonii</i>	Jul-Aug	Tasty leaves can be eaten raw or cooked like leeks. Bulbils that form on top can be used like garlic.
	Daubenton's Kale	<i>Brassica Oleracea 'Ramosa'</i>	May-Aug	Edible leaves

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	Rocket	<i>Diplotaxis Tenuifolia</i>	May-Sep		Leaves are great in salads or on pizza. They have a kick!
	Alpine Strawberry	<i>Fragaria Vesca</i>	May-Nov	Jun-Nov	The small strawberries are great when you find them ripe, or add them to a dessert
	Pink Beauty	<i>Claytonia Sibirica</i>	Apr-Jul		Edible leaves for salads
	Miner's Lettuce	<i>Claytonia Perfoliata</i>	May-Jul		Edible leaves for salads
	Corn Salad	<i>Valerianella Locusta</i>	Apr-Jun		Edible leaves for salads

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	<p>Caucasian Spinach Vine</p>	<p><i>Hablitzia Tamnoides</i></p>	<p>August</p>	<p>Eat leaves raw or cooked like spinach. Young shoots can be eaten cooked like asparagus in the Spring</p>
	<p>Hops</p>	<p><i>Humulus Lupulus</i></p>	<p>Jul-Aug</p>	<p>Flowers are great for flavor in teas or beverages, young shoots can be cooked like asparagus in Spring</p>
	<p>White Clover</p>	<p><i>Trifolium Repens</i></p>	<p>Jun-Sep</p>	<p>Edible leaves and flowers, with lots of protein</p>
	<p>Wild Carrot</p>	<p><i>Daucus Carota</i></p>	<p>Jun-Aug</p>	<p>Flower clusters are tasty, good fried!</p>

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	Yarrow	<i>Achillea Millefolium</i>	Jun- Aug	Leaves in tea or salads, or as flavouring. Ancient medicinal herb
	Self-heal	<i>Prunella Vulgaris</i>	Jul-Sep	Leaves tasty in salad, soups, and stews. Great to add to a cold drink infusion. Ancient medicinal herb
	Wild Garlic	<i>Allium Ursinum</i>	May- Jun	Edible leaves and flowers add a garlic flavour, Feb-Jun. Great in pesto!
	Hosta	<i>Hosta Ventricosa+ Sieboldiana Elegans</i>	August	Tasty cooked leaves, try them in a stir- fry!

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