

Annual Vegetables

Warm Season:

- Beans
- Corn
- Cucumbers
- Eggplant
- Garlic
- Kale
- Melon
- Okra
- Onions
- Peppers
- Potatoes
- Pumpkins
- Squash
- Sweet Potatoes
- Tomatoes



Attractive Edible Plants

These are some plants that are used for their visual appeal, having unusual coloration, texture or form:

- Rhubarb chard, *Beta vulgaris*, whose ruby red stems and glossy green foliage are beautiful in floral arrangements
- Butterhead lettuce can be used as an early-spring edging at the front of a flower bed.
- Brussels sprouts add interest to a border.
- Ornamental cabbage and kale, *Brassica oleracea*, can be used in cool-season borders.
- Peppers add a pop of color with fruits ripening in shades of orange, red, purple, yellow and green.
- Cardoon, *Cynara cardunculus*, has a lovely sculptural form
- Purple artichoke, *C. scolymus*, has a dramatic effect.

Cool Season:

- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Chard
- Kale
- Kolrahbi
- Lettuce
- Parsnips
- Peas
- Potatoes
- Radishes
- Spinach
- Turnips



Be Creative —
Experiment —
Have Fun!

Plant red leaf lettuce near yellow and orange calendulas. The flowers can provide shade for the lettuce.

Red chard looks great near trailing blue lobelia.

Replace parts of your lawn with edible groundcovers such as strawberries, thyme, oregano or chamomile.

Think vertically when growing raspberries, snap peas, cucumbers, squash, pumpkins, pole beans and tomatoes. Growing them up a trellis or fence provides shade and privacy.

Edible
Landscaping

Why an Edible Garden?

Growing your own food can be one of the most rewarding experiences for your family. Everything you grow is fresh, delicious and usually more nutritious than commercially grown food. You can grow a greater variety of fruit and vegetables than found in any store.

Edible gardens can be both practical and very attractive. Many garden vegetables and culinary herbs are beautiful in the garden as well as delectable to the palate.

The fruit and vegetables picked from your garden provide more control over the food your family consumes.

Buying herbs in the store can be very costly. It does not take many plants to supply a family's needs. A single plant or two will do except for basil, garlic, onions, and scallions which tend to be used in large quantities.

Growing your own food can minimize the impact you have on the environment by reducing water and chemical use and by eliminating the necessity for packaging, transportation and refrigeration.

California Garden Clubs, Inc.



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Use Caution

Check seed packets, catalogs and other literature to be certain a plant is safe to eat.

Keep in mind that some species in a genus are edible, while others are not.

Certain parts of plants may be edible, while others are poisonous. For example: the leaves of rhubarb are poisonous, but the stalks are edible.

Edible Flowers

Many common flowers are not only beautiful, but are also edible. Use them in teas, salads or desserts.

1. Chive blossoms, *Allium spp.*- The small flower petals can be used when a slight onion or chive flavor is desired.
2. Anise Hyssop blossoms, *Agastache foeniculum* - These taste like licorice or root beer and are a lovely edible garnish for stir fry or noodle dishes.
3. Borage, *Borago officinalis* - The pale blue star-shaped flowers have a cucumber flavor. Use the entire blossom in salads or perhaps drop a few into a summer drink.
4. Marigolds, *Tagetes spp.*- The sometimes sweet, sometimes spicy flavor works well in tomato-based soups and can be cooked with rice pilafs. Use individual petals rather than the whole blossom.
5. Chamomile, *Chamaemelum nobile* - Although the flowers have long been used to make soothing teas, the raw petals, tasting like apples, are great to use in desserts, such as ice cream.
6. Hibiscus, *Hibiscus rosa-sinensis* - These flowers have a tart, cranberry flavor and can be used in summer drinks. The flavor is strong, so use sparingly.
7. Honeysuckle, *Lonicera spp.* - Avoid the poisonous berries! The edible flowers taste of honey and can be used in desserts.
8. Johnny-Jump-Ups, *Viola tricolor* - The little flowers are wonderfully sweet. They can be sugar-coated for desserts. Add them whole to soups, salads and main dishes as a garnish.
9. Lavender, *Lavandula officinalis* - Works well in both sweet and savory dishes, its mild lemon flavor can be a stand-out in ice cream, chocolate and cream sauces.



The closer to the kitchen you plant vegetables and herbs, the more likely they are to be used.

Shade-Tolerant Annual Edibles

Beans
Beets
Borage
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Celery
Chard
Cucumbers
Kale
Kohlrabi
Leaf lettuce
Nasturtiums
Parsnips
Peas
Potatoes
Pumpkins
Radishes
Spinach
Squash
Rutabagas
Turnips



Blending Edibles into Your Ornamental Landscape

Decide what types of vegetables, fruits and herbs you would like to grow. Most nurseries and garden centers will stock a wide variety, but the selection will vary from season to season. Early in the year look for bare root berries, onions, horseradish, garlic, rhubarb, asparagus, fruit trees and shrubs. Later in the season, starts in six-packs and 4" pots will be available. Seeds are always an option.

Match your plant choices to the amount of sunshine your garden location receives. The more consistent sun you have during an eight hour period, the more your garden can produce. If a plant (like lettuce) needs afternoon shade, place it where it will be shaded by another plant.

Most vegetables require excellent soil conditions, regular fertilizing and watering to achieve good size and flavor. Although some are relatively trouble-free, many are susceptible to pests and diseases.

Planting edibles in containers allows you to move them into the sun or set them directly into an ornamental border. Another benefit growing in containers is increased control over soil and moisture conditions.