



Food Forest Plant Inspiration List

Dream. Design. Grow.

Food Forest Layer	Common Plant Name	Primary Function	Zone 3	Zone 4	Zone 5
Canopy	American Persimmon	fruit production		X	X
Canopy	Butternut	nut production, shade	X	X	X
Canopy	Mulberry	fruit production		X	X
Canopy	Chesnut, American	nut production		X	X
Canopy	Maple - Sugar, black, red	syrup production, lumber	X	X	X
Canopy	Walnut, Black	nut production		X	X
Canopy	Basswood	fiber, medicinal, nectary	X	X	X
Canopy	Beech	nut production, syrup	X	X	X
Canopy	Black Alder	nitrogen fixer, lumber	X	X	X
Canopy	Korean Stone Pine	nut production	X	X	X
Canopy	White Oak	nut production, lumber	X	X	X
Midstory	Peach	fruit production, nectary		X	X
Midstory	Dwarf Apple	fruit production, nectary	X	X	X
Midstory	Plum	fruit production, nectary	X	X	X
Midstory	Elderberry - American	fruit production	X	X	X
Midstory	Hazelnut	nut production	X	X	X
Midstory	Cherry - Nanking	fruit production, nectary	X	X	X
Shrub	Blueberry, high bush	berry production, soil stabilizer	X	X	X
Shrub	Huckleberry	berry production	X	X	X
Shrub	Currant - Red Lake/ Black/ White	berry production	X	X	X
Shrub	Haskap (Honeyberry)	berry production	X	X	
Shrub	Raspberries	berry production	X	X	X
Shrub	Gooseberry	berry production	X	X	X
Shrub	Blackberry	berry production		X	X
Shrub	Rugosa Rose	medicinal	X	X	X
Shrub	Sea Buckthorn	fruit production, medicinal, nitrogen fixer	X	X	X
Shrub	Serviceberry	fruit production, nectary	X	X	X
Shrub	Siberian Pea Shrub	nitrogen fixer, nectary, chicken forage	X	X	X
Shrub	Witch Hazel	medicinal	X	X	X
Herbaceous Plants	Salad Burnet	edible leaves		X	X
Herbaceous Plants	Motherwort	medicinal		X	X
Herbaceous Plants	Lamb's quarter	edible leaves, nutrient accumulator	X	X	X
Herbaceous Plants	Comfrey	edible leaves, nutrient accumulator	X	X	X
Herbaceous Plants	Chives	edible root/ stem, nutrient accumulator	X	X	X
Herbaceous Plants	Asparagus	edible stem	X	X	X
Herbaceous Plants	Rhubarb	edible stem	X	X	X
Herbaceous Plants	Sea Kale	edible leaves	X	X	X
Herbaceous Plants	Yarrow	edible leaves, medicinal	X	X	X
Herbaceous Plants	Anise Hyssop	edible leaves, medicinal		X	X
Herbaceous Plants	Catnip	edible leaves, medicinal	X	X	X
Herbaceous Plants	Bee Balm/ Bergamot	edible leaves, medicinal, insectary plant	X	X	X

Herbaceous Plants	Hosta	edible leaves, stalk, flowers	X	X	X
Herbaceous Plants	Lovage	edible leaves, stem, roots	X	X	X
Herbaceous Plants	Daylilly	edible flower & bulb		X	X
Herbaceous Plants	Turkish Rocket	edible leaves		X	X
Herbaceous Plants	Horehound	medicinal		X	X
Ground Cover	Thyme, Wild	edible leaves	X	X	X
Ground Cover	Strawberries	berry production		X	X
Ground Cover	Peppermint	edible leaves, medicinal, nutrient accumulator	X	X	X
Ground Cover	Chamomile, Roman or English	medicinal, nutrient accumulator		X	X
Ground Cover	Lemon Balm	edible leaves, medicinal		X	X
Ground Cover	Red Clover	edible leaves, flowers, medicinal	X	X	X
Ground Cover	White Clover	nitrogen fixer, medicinal, edible flowers	X	X	X
Ground Cover	Parsley	edible leaves	X	X	X
Ground Cover	Sorrel	edible leaves		X	X
Ground Cover	Lingonberry	fruit production	X	X	X
Ground Cover	Wild Violet	edible leaves, medicinal	X	X	X
Ground Cover	Sweet Woodruff	medicinal		X	X
Ground Cover	Blueberry, low bush	fruit production	X	X	X
Ground Cover	Mint, Marvelous Mix	edible leaves, medicinal	X	X	X
Roots	Wild Onion	edible flowers, stem, bulb		X	X
Roots	Wild Ginseng	medicinal	X	X	X
Roots	Jerusalem Artichoke	edible tuber	X	X	X
Roots	Horseradish	edible tuber	X	X	X
Roots	Walking Onion	edible shoots, stems, bulbils		X	X
Vines	Grapes	fruit production		X	X
Vines	Hops	edible flower, shoots, leaves	X	X	X
Vines	Passionflower	medicinal			X
Vines	Clematis	medicinal		X	X
Vines	Greenbrier, earleaf	edible vegetative shoots		X	X
Vines	Groundnut	nitrogen fixer, edible tubers, nectary	X	X	X