

CtK Permaculture Food Forest Extension Plants by Donna L. Pellegrin		# obtained	Rain Garden Zone	light needs	water needs	height	bloom time	native	edible	medicinal/tea	accumulator	ground cover	insectary	N fixer	fertilizer	deters pests
Ephemerals																
Wild Hyacinth	<i>Camassia scilloides</i>	20	uphill + sides	full - part	mw-md	2 ft	May-June	x	x				x		x	
Perennial Fruits and Vegetables																
Longleaf Groundcherry	<i>Physalis longifolia</i>	1	uphill	part - full	m	2-3 ft	May-July	x	x	x			x			
Annual Fruits and Vegetables																
Annual Groundcherry	<i>Physalis grisea</i>	11	berm	part - full	mw-d	2 ft	May-Aug		x	x			x			
Roots																
Jerusalem Artichokes	<i>Helianthus tuberosus</i>	12	uphill	full - part	mw-md	6-10 ft	Aug-Sept	x	x				x			
Sedges & Rushes																
Palm Sedge	<i>Carex Muskingumensis</i>	3	bottom	full - shade	mw-md	3 ft	June-July	x				x				
Creek Sedge (I think)	<i>Carex amphibola</i>	30	uphill + sides	part - shade	w-m	1.5 ft	May	x				x				
Path Rush	<i>Juncus tenuis</i>	6	bottom + sides	full - part	mw-d	1 ft	June-Sept	x				x				
Perennial Flowers																
Cutleaf Coneflowers	<i>Rudbeckia laciniata</i>	6	uphill	full - shade	mw-m	7 ft	July - Oct	x	x				x			
Mountain Mint	<i>Pycnanthemum virginianum</i>	12	bottom	full - part	w-md	3 ft	June - Sept	x		x			x			x
Blue Vervain	<i>Verbena hastata</i>	3	bottom	full - part	w-m	5 ft	July - Sept	x	x	x			x			
Great Blue Lobelia	<i>Lobelia siphilitica</i>	3	bottom	part	w-m	3 ft	July - Oct	x		x			x			
Purple Coneflower	<i>Echinacea purpurea</i>	20	bottom	full - part	mw-md	4 ft	July-Sept	x		x			x			
Golden Alexanders	<i>Zizia aurea</i>	9	uphill + bottom?	full - part	mw-md	3 ft	Apr - June	x	x				x			
Golden Ragwort	<i>Packera aurea</i>	9	sides + bottom	full - shade	w-m	2 ft	May - June	x				x	x			
Nodding Wild Onion	<i>Allium cernuum</i>	4	sides	full - part	mw-md	18 in	July - Aug	x	x	x			x			x
Lyreleaf Sage	<i>Salvia lyrata</i>	9	sides+ bottom	full - part	mw-m	2 ft	May - July	x	x	x		x	x			
Prairie Sundrops	<i>Oenothera pilosella</i>	12	sides	full - part	mw-md	2 ft	May - June	x				x	x			
Self-Heal	<i>Prunella vulgaris lanceolata</i>	12	uphill	full - part	mw-m	1 ft	Aug-Sept	x		x		x				
Columbine	<i>Aquilegia canadensis</i>	5	berm + sides	full - shade	m-d	2 ft	Apr-June	x		x			x			
Bradbury's Monarda	<i>Monarda bradburiana</i>	8	berm	full - part	m-md	2 ft	June - July	x		x			x			x
Silky Aster	<i>Symphotrichum sericeum</i>	9	berm	full - part	md-d	12 in	Sept-Oct	x					x			
Lead Plant	<i>Amorpha canescens</i>	3	berm	full - part	m-d	3 ft	June - Aug	x		x	x		x	x		

Small Yellow Wild Indigo	<i>Baptisia tinctoria</i>	6	berm	full-part	mw-d	2 ft	June - Aug	x			x		x	x		
Meehan's Mint	<i>Meehania cordata</i>	2	outlet berm	full-part	mw-m	6 in	June	x					x			
White Prairie Clover	<i>Dalea candida</i>	9	berm	full-part	m-d	2 ft	June - Sept	x			x		x	x		
Nut trees:																
American Hazelnuts (3)	<i>Corylus americana</i>	3	berm	full-part	mw-d	40-60 ft	May - June	x	x				x			

232

Abbreviations Key:

w = wet mw = medium wet md = medium dry d = dry † symbol means native to US, but not to southwest Ohio

Primary Reference Materials:

Cincinnati Master Rain Gardens Class Materials

[North Creek Nursery's Rain Garden Guide](#)

ODNR Plant Communities of Ohio, 1982

Edible Forest Gardens by Dave Jacke with Eric Toensmeier

Native Plant Agriculture by Indigenous Landscapes

People and Plants in Ancient Eastern North America by Paul E. Minnis

[Myaamia Ethnobotany, Michael Paul Gonella, http://rave.ohiolink.edu/etdc/view?acc_num=miami1184770633](http://rave.ohiolink.edu/etdc/view?acc_num=miami1184770633)

[Native American Ethnobotany Database, http://naeb.brit.org/uses/species/701/](http://naeb.brit.org/uses/species/701/)

<https://treeyopermacultureedu.com>

<https://tenthacrefarm.com>

<https://prairiemoon.com>

<https://veronicashukla.com/plant-list-for-a-beautiful-apple-tree-guild/>