

What's Growing in the Food Forest?

Nodding Wild Onion
Allium cernuum

D Pellegrin
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Persimmon

Diospyros virginiana

Provides light shade - 40-60 ft tall

Blooms May-June – important source of pollen and nectar for bees including one rare specialist bee.

Host plant for caterpillars of 46 species of native butterflies and moths, including:

- Luna moth
- Io Moth
- American Lady
- Hebrew



Persimmon

Diospyros virginiana

Delicious fall fruit - 2-3 bushels per tree

Super food: high in fiber, vitamins A and C., beta carotene, manganese, cancer fighting antioxidants, tannins.

Medicinal – Miami and Cherokee used for bowel and gastrointestinal issues.



Common Serviceberry *Amelanchier arborea*

Understory Tree – 10-30 ft high

Blooms Mar-Apr – an essential early season food source for pollinators, especially mining bees, mason bees and bumble bee queens.

Host plant for 95 species of butterflies and moths including:

- Red-spotted Admiral
- Eastern Tiger Swallowtail
- Viceroy



Common Serviceberry *Amelanchier arborea*

Delicious spring fruit - 10-15 lb
per tree

Super food, high in fiber,
Vitamin C, manganese,
magnesium, iron, and a good
source of calcium, potassium,
copper, and carotenoids &
nutraceuticals

Documented food source for
numerous Native American
tribes



Paw Paw

Asimina triloba

Understory Tree – 15-25 ft

Blooms Apr-May – Pollinated by flies and beetles.

Host plant for 13 species of butterflies and moths including:

- Zebra Swallowtail
- Paw Paw Sphinx



Paw Paw *Asimina triloba*

Largest fruit native to the US

Ripens August/Sept – 25 to
50 lb fruit per tree

Good source of Vit C, iron,
magnesium and very good
source of Manganese. Anti-
cancer properties.

Documented food source of
Miami, Cherokee and
Iroquois tribes.



Black Raspberry

Rubus occidentalis

Ripens June & July

1.5 lbs of fruit per plant

High in fiber, rich in Vitamin C, the best source of anthocyanin.

Anti-cancer, Anti-inflammatory, boosts cognitive ability

Source of food and medicine for numerous Native American Tribes



Rhubarb

Rheum rhabarbarum

Harvest stalks May-July. One plant yields 2-6 lbs per season.

Rhubarb is a good source of fiber, calcium, potassium, magnesium, Vitamins A, C and K and is high in antioxidants

Not native to the US, but adopted as a food source by several Native American tribes. And used to treat a variety of digestive troubles



Clammy Groundcherry *Physalis heterophylla*

An herbaceous perennial plant

2 ft tall, full to part sun

In the same family as tomatoes
and tomatillos

Individual fruits grow inside of
papery husks

Leaves and unripe fruits are
poisonous so deer and rabbits
leave it alone



Clammy Groundcherry

Physalis heterophylla

In early summer sweet fruits ripen and are delicious

You know they are ripe when they are golden and fall off of the plant

Excellent source of Vitamins, antimicrobial, antitumor, anti-inflammatory, and immunomodulatory agent

Source of food and medicine for several Native American tribes



Wild Strawberries

Fragaria virginiana

Bloom April-June, after which, under favorable conditions, small, tasty fruits develop

Excellent source of vitamins, minerals and antioxidants

The whole plant is antiseptic

Makes a loose groundcover

Host plant for 71 species of butterflies and moths

Food, tea and medicine source for many Native American tribes



Wild Hyacinth

Camassia scilloides

2 ft tall, full or part sun

Ephemeral Perennial - grows from bulbs

Bulbs are densely nutritious and were a major food source for Native American tribes

Blooms May-June, providing food for pollinators

When the foliage dies in the summer it provides nutrients to the soil



Showy Wild Garlic

Allium canadense var.
lavendulare

12 in tall, full sun

Culinary plant

Strong scent deters pests

Blooms Apr-June, providing
food for pollinators

Used for food and medicine
by several Native American
tribes



Nodding Wild Onion *Allium cernuum*

18 in tall, full to part sun

Culinary plant

Strong scent deters pests

Blooms July-Aug, providing
food for pollinators

Used for food and medicine
by numerous Native
American tribes



Virginia Spiderwort

Tradescantia virginiana

2 ft tall, full or part sun

All parts of the plant are edible

The “juice” inside the leaves can be used similar to aloe

Blooms May-July, providing food for pollinators

Host plant for 3 species of moths

Used by the Cherokee tribe as both food and medicine



Ohio Spiderwort

Tradescantia ohiensis

3 ft tall, full or part sun

All parts of the plant are edible

Blooms May-July, providing food for pollinators

Host plant for 3 species of moths



Common Blue Violet

Viola sororia

4 inches high, full sun to shade

Leaves are tasty in salads, delicious in soup, or eaten as cooked greens.

Flowers are also edible and can be used to make syrup

Violets are very high in Vitamin C. They are anti-inflammatory and have been reported to dissolve cysts, reduce pain and relieve skin rashes.

Several Native American tribes used violets for both food and medicine

Common Blue Violet

Viola sororia

The design called for 200 violets. Most came from the yards of our members and friends.

Blooms Apr-June, providing food for pollinators

Host plant for 29 species of butterflies and moths





Purple Poppy Mallow

Callirhoe involucrata

6-12 inches high, full sun

Drought resistant ground
cover (dies back in the fall)

Deep, thick taproot is edible
with a sweet, starchy taste
similar to a sweet potato
can be eaten raw or cooked.

Mainly pollinated by bees
and is the host plant for the
Common Checkered Skipper

Used medicinally by some
Native American tribes



Prairie Turnip

*Pediomelum
esculentum*

6-12 inches high, full sun

Blooms May-July attracting
pollinators

Native to the Great Plains,
but not Ohio

One of the most important
wild foods gathered by the
Lakota tribe.

The tuber can be eaten raw,
boiled in stew, or ground
into a fine flour.

Nitrogen fixer



Evening Primrose

Oenothera biennis

Biennial - reseeds prolifically

2-6 ft tall, full or part sun

Tap Root which tastes like a radish

Oil made from seeds is extremely rich in Gamma Linolenic Acid - medicinal

Blooms June-Oct, providing food for pollinators including two rare specialist bees

Host plant for 15 species of butterflies and moths

Used as food and medicine by several Native American tribes



Evening Primrose *Oenothera biennis*

Our Evening Primrose is also used to give some of our young Paw Paw trees some afternoon shade during the hot summer months. They shade the soil and help it from drying out.



Maryland Senna

Senna Marilandica

4 ft tall, full or part sun

Nitrogen Fixing Perennial

Blooms July-Aug, providing food for pollinators

Host plant for 5 species of butterflies and moths

Medicinal: Leaves used as a laxative by many Native American Tribes, and in modern medicine



Blue Wild Indigo

Baptisia australis

4 ft tall, full or part sun

Nitrogen Fixing Perennial

Cultivator/Dynamic Accumulator
– roots can grow up to 12 feet deep

Blooms May-June, providing food for pollinators

Host plant for 17 species of butterflies and moths including

- Wild Indigo Duskywing
- Orange Sulpher

Used by the Cherokee as a dye and for medicinal purposes



Small Yellow Wild Indigo

Baptisia tinctoria

2 ft tall, full or part sun

Nitrogen Fixing Perennial

Cultivator/Dynamic
Accumulator – deep tap
root

Blooms June-Aug, providing
food for pollinators

Host plant for 17 species of
butterflies and moths
including

- Wild Indigo Duskywing
- Orange Sulpher

Used by many Native
American Tribes for a variety
of medicinal purposes



Lead Plant

Amorpha canescens

3 ft tall, full or part sun

Nitrogen Fixing shrub

Cultivator/Dynamic
Accumulator – roots can grow
up to 20 feet deep

Blooms June-Aug, providing
food for pollinators

Host plant for 25 species of
butterflies and moths

Leaves used for tea and
medicine by several Native
American tribes



Purple Prairie Clover

Dalea candida

2 ft tall, full or part sun

Nitrogen Fixing Perennial

Cultivator/Dynamic

Accumulator – roots can grow
5-6 feet deep

Blooms June-Sept, providing
food for pollinators

Host plant for 4 species of
butterflies and moths

Several Native American tribes
used the pleasant tasting roots
for gum, and for medicine.
Leaves were used for tea.



White Prairie Clover

Dalea candida

2 ft tall, full or part sun

Nitrogen Fixing Perennial

Cultivator/Dynamic

Accumulator – roots can grow
5-6 feet deep

Blooms June-Sept, providing
food for pollinators

Host plant for 4 species of
butterflies and moths

Several Native American tribes
used the pleasant tasting roots
for gum, and for medicine.
Leaves were used for tea.



Eastern BeeBalm

Monarda bradburiana

2 ft tall, full or part sun

Leaves and flowers make a delicious tea (hot or iced)

Strong scent deters pests

Groundcover – spreads by short rhizomes (forms clumps)

Host plant for 11 species of butterflies and moths including:

- Hermit Sphinx
- Pink-Patched Looper Moth
- Gray Marvel

Monardas was used by many Native American tribes for a variety of medicinal purposes



Mountain Mint

*Pycnanthemum
virginianum*

3 ft tall, full or part sun

Makes a pleasant tea or
addition to salads

Blooms June-Sept - pollinator
magnet

Potent mint scent deters pests

Also used medicinally by
several Native American tribes



Anise Hyssop

Agastache foeniculum

4 ft tall, full or part sun

Blooms June-Sept, providing food for pollinators

Potent scent deters pests

Used as a beverage and as medicine by many Native American Tribes



Golden Alexanders *Zizia aurea*

3 ft tall, full or part sun

Blooms April-June, providing food for numerous pollinators including one rare specialist bee

Host plant for 4 butterflies and moth species including

- Black Swallowtail
- Ozark Swallowtail



Short's Aster

Symphyotrichum shortii

3 ft tall, part sun - shade

Blooms Aug-Oct, providing late season food for pollinators (including several pollen specialist bees)

Host plant for 12 species of butterflies and moths



Smooth Blue Aster *Symphyotrichum laeve*

4 ft tall, full or part sun

Blooms Aug-Oct, providing late season food for pollinators (including several pollen specialist bees)

Host plant for 12 species of butterflies and moths



Columbine

Aquilegia canadensis

2 ft tall, full sun to shade

Blooms Apr-June.

Spring Harbinger - One of first plants to provide nectar for bees, butterflies, and hummingbirds

Host plant for 11 species of butterflies and moths including

- Columbine Duskywing
- Pink-Patched Looper

Used medicinally by several Native American tribes

What's Next in the Food Forest?



Ramps

Allium tricoccum

8 in tall, part to full shade

Prized culinary plant

Strong scent deters pests

Blooms June-July, providing
food for pollinators

Used for food and medicine
by several Native American
tribes



Spring Beauty *Claytonia virginica*

5 inches tall, shade

Ephemeral, blooms Apr-June.

All parts are edible, the corms are tasty raw or cooked and are good sources of vitamins A and C

Spring Harbinger – early source of food for numerous species of bees including one specialist bee. Also visited by many flies.

Used for food and medicinally by several Native American tribes



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Cutleaf Toothwort

Cardamine concatenata

3-12 inches tall, shade

Ephemeral, blooms Apr-
May.

Spring Harbinger – early
source of food for many
bees including one
uncommon specialist bee.

Both leaves and roots are
edible, spicy tasting, and can
be eaten raw or cooked.

Used for food and
medicinally by the Iroquois



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Maypops

Passiflora incarnata

An aggressive vine that can reach 25 feet long

Edible flowers, fruits and leaves

Blooms in July, attracting bumble bees and carpenter bees

Host plant for fritillary butterflies.

Prized for food and medicine by Cherokee