Perennial Vegetables
The Permanent Vegetable Garden

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What is a perennial vegetable?

- Perennials are plants that live for 2 years or longer

Why Use Perennial Vegetables?

- Less Work
  - Till the soil once
  - Once established there is little maintenance
  - Just mulch, weed, fertilize, and water when needed
- Build Soil
  - Perennials build soil through organic matter of their leaves and roots
Why Use Perennial Vegetables (con’t)

- Provide Ecosystem Benefits
  - Moderate microclimates making areas around them cooler and more moist
  - Roots catch and store water and nutrients
  - Supply critical habitat to a number of animal, fungal, and other life-forms

- Eco-Friendly
  - Global Warming - captures carbon and sequesters it in long term soil humus and plant parts
  - Oil conservation – gasoline not needed to till each year
  - No soil erosion
Common Perennial Vegetables

Artichokes

Jerusalem Artichokes

Asparagus

Onions and Garlic
Potatoes

Rhubarb

Sweet Potatoes

Watercress

Water Chestnuts
Slide Definitions

Frost tender – plants damaged or even killed by the slightest winter frost.

Frost sensitive – plant damaged by hard freeze. Usually killed back to the ground.

Toxic chemicals in some plants are shown in red. Need to be cooked to release poisons as a gas.
Arracacha – *Arracacia xanthoriza*

- 3 to 5 feet tall and wide
- Short days needed for roots to fill out
- Propagate by dividing shoots from crown
- Stems and leaves are used like celery
- Roots cooked like potatoes
- Sun to part-shade
- Moist well drained soil

Zone 9A and Higher
Aroids – *Xanthosoma* & *Colocasia* spp.

- Most species grow to 6 to 8 feet tall and grow in a clump the same width
- Need flooded, wet, or very moist soil
- Propagate by division or plant corms
- Needs to be cooked by roasting, baking, or boiling until sweet. Cook leaves for 10 to 20 minutes and cook corms until soft.
- Cook corms like potatoes
- Can be grown in water or land
- Sun to part-shade

**Zone 8A and Higher**

Oxalic Acid
Asparagus – *Asperagus officinalis*

- Grow 3 to 5 feet tall
- Plant 8 to 14 inches apart and rows 3 to 5 feet apart
- Propagate by seed or root division
- Harvest early in spring before stalks open up
- Can be eaten raw or cooked
- Full sun
- Moist well drained soil

Zone 9A and Lower
Bamboo Shoots

- Not all bamboo is edible
- Can be pickled, fermented or boiled
- Clumping and running cyanogenic glycosides – cook in water
Clumping Bamboo

- Grow from 30 to 120 feet
- Full height in tropical and sub-tropical areas
- Full-sun to part-shade
- Propagate by breaking apart clumps
- To eat, remove sheath and boil in salted water 2-15 minutes. Bitter tasting shoots should be boiled in two changes of water.
- Moist well drained soil

Zones 8A and Higher

cyanogenic glycosides – cook in water
Running Bamboo

- Grow from 10 to 75 feet
- Multiply rapidly – give them space or wall them in
- Propagate by division
- Shoots harvested when just below soil
- Cook sweet shoots 5-10 minutes and bitter shoots 10-20 minutes with one change of water
- Sweet shoots can be eaten raw

Zones 8A and Higher
cyanogenic glycosides – cook in water
Bean Family

- Hyacinth Bean
- Perennial Beans
- Winged Bean
Hyacinth Bean – *Lablab purpureus*

- Plants grow to 18 feet – grow on a trellis
- Propagate by seed
- Flowers are eaten raw or steamed
- Young leaves are eaten raw in salads and older leaves are cooked like spinach
- The large starchy root tubers can be boiled and baked
- Seeds and pods should be boiled in two changes of water before eating
- Full sun
- Moist to dry soil

Zones 9A and Higher

Frost sensitive

cyanogenic glycosides – cook in water
Perennial Beans – *Phaseolus* *spp.*

- Lima beans – *P. lunatus*
- Cache bean – *P. polyanthus*
- Runner beans – *P. coccineus*
- Climbing varieties are perennials and bush varieties are annuals
- Full sun
- Variable soil

Zones 9A and Higher

Frost sensitive
Winged Beans – *Prophocarpus tetragonobolus*

- Grow to 12 feet
- Propagate by seed – scarify seeds and then soak overnight
- Young pods eaten like green beans
- Unripe seeds can be eaten like lima beans
- Dried seeds are roasted or used to make bean milk, tempeh, or tofu
- Young leaves – top 3 sets – cooked
- Flowers edible raw
- Tubers edible raw or cooked
- Full sun
- Moist well drained soil

*Zone 9A and Higher*

*Frost sensitive*
Bitter Melon – *Momordica charantia*

- Vine grows 13 to 16 feet
- Grow on trellis
- Propagate by seed
- Cook by cutting in half and removing seeds and fibers. Then soak or boil in salt water and use in Asian recipes.
- Full sun
- Moist well drained soil

Zone 9A and Higher
Nine Star Broccoli - *Brassica oleracea botrytis asparagoides*

- Grows to 3 feet tall and 3 feet wide
- Does not head first year
- Heads, leaves and stems are all edible on all broccolis
- Eat raw or cooked. Cook by steaming, boiling, stir frying, or roasting.
- Full sun
- Moist well drained soil

Zones 8A and Higher
Camass- *Camassia* spp.

- Grow 2 feet tall and grows in colonies
- Propagated by dividing bulbs
- Bulbs to 3 inches wide depending on variety
- Bulbs should be cooked at 257 degrees for 9 hours
- Grow only blue camass or know your grower
- Sun to part-shade
- Moist to seasonally wet soil

Zones 9A and Lower
Edible Canna - *Canna indica var. edulis, syn Canna edulis*

- Grow 6-10 feet tall in colonies
- Propagated by dividing rhizomes
- Roots and young shoots can be eaten raw or cooked. Cooked roots are sweet.
- Young leaves are used to wrap tamales
- Sun to part-shade
- Moist to wet soil

Zones 8A and Higher
Cassava – *Manihot esculenta*

- Grows to 16 feet
- Needs a 9 month growing season
- Propagation done by stem cuttings
- Roots cooked like any other root crop
- Leaves cooked like spinach
- Full sun
- Moist to dry soil

Zones 9A and Higher

**cyanogenic glycosides – cook in water**

Frost sensitive
Chaya – *Cnidoscolus chayamonsa*

- Grows to 6 feet in any soil
- Space 3 to 4 feet apart
- Propagate by stem cuttings
- Cooked and eaten like spinach – cook for at least 3 minutes in water or fried
- Sap can be irritating. Wash off if you get it on your skin.
- Full sun
- Moist to dry soil

Zones 9A and Higher

*cyanogenic glycosides – cook in water*
Chayote – *Sechium edule*

- Sprawling climbing vine to 30 feet – need a fence or trellis
- Plant entire fruit leaving 1/4 to 1/3 of fruit above ground
- Eat raw like summer squash or cooked like potatoes
- Fruit, root, stem, and seed are all edible
- Short day fruiting cycle
- Full sun
- Moist, well drained soil

Zones 9A and Higher

Frost sensitive
Chicory and Dandelion

- Full sun to light shade and well-drained soil
- Good garden soil gives plants better tasting leaves
- Plant 12 inches apart
- Propagate by seed or divide plants
- Can be eaten raw or cooked
- Use like spinach
- Chicory can be roasted for a replacement for coffee
- Full sun
- Moist, well drained soil

Myrrh Chicory

Zones 9B and Lower
Chinese Artichoke – *Stachys affinis*

- 18 to 24 inches tall
- Plant 12 inches apart
- Propagates by seed, runners, and tubers – can carpet a large area quickly
- Tubers produced that can be eaten raw or cooked
- Full sun to part shade
- Rich well-drained soil

Zones 9B and Lower
Chufa—*Cyperus esculentus var. sativa*

- Up to 12 inches tall
- Plant 5 inches apart and rows 30 inches apart
- Propagates by tubers
- Tubers produced that can be eaten raw, soaked, or cooked
- Full sun
- Moist to wet soil

Zones 8A and Higher

Frost sensitive
Daylily – *Hemerocallis* spp.

- 10-20 inches tall
- Plant 1 foot apart
- Flower buds can be used like green beans
- Flowers can be used in salads or battered and fried
- Some leaves can be cooked
- Root tubers can be cooked
- Full sun
- Moist, well drained soil

Zones 8A and Higher
Globe Artichoke – *Cynara scolymus*

- Grows to 6 feet tall and 6 to 8 feet wide
- Need cool summers and mild winters
- In areas with hot summers, grow in part shade
- Propagate by division of suckers or seed – depending on variety
- Harvest before bracts/scales start to open.
- Boil buds, peeled flower stems, and leaf mid-ribs
- Full sun
- Moist, well drained soil

Zones 9B and Lower
Good King Henry – *Chenopodium bonus-henricus*

- Grows to 2 feet tall
- Space plant 12 to 18 inches apart and rows 2 feet apart
- Shoots, leaves, flower-buds, and seeds are edible
- Shoots eaten like asparagus
- Seeds eaten like any grain
- Propagate by seed or dividing plant
- Full sun to part shade
- Moist, well drained soil

Zones 9B and Lower

Oxalic Acid
Ground Cherry – *Physalis* spp.

- Plant grows to 4 to 6 feet
- Plant 3 to 4 feet apart
- Propagate by seed and cuttings
- Fruit can be eaten raw or cooked
- Cut back after fruiting
- Full sun
- Poor well-drained to moist soil

Zones 8A and Higher
Ground Nut - *Apis americana*

- Crawling vine grows 4 to 8 feet
- Plant in moist to wet soil with something to climb on – like a shrub or tree
- Plants 1 foot apart
- Propagate by planting tubers in fall, dividing plants, or cuttings
- Cook like potatoes
- Full sun to part shade
- Moist to wet soil

Zones 9B and Lower
Haitian Basket Vine – *Trichostigma octandrum*

- Vine grows to 20 feet
- Propagate by seed or layering
- Can be made into a shrub with trellises
- Boil for 10 minutes to remove bitterness
- Full sun to part shade
- Moist to wet soil

Zone 9A and Higher
Hibiscus Family

- Cranberry Hibiscus
- Roselle Hibiscus
- Sunset
- Kenaf
- Over 70 varieties

Zone 8A and Higher
Cranberry Hibiscus – *Hibiscus acetosella*

- Grow to 10 feet tall and 3 feet wide.
- Propagate by seeds or stem cuttings
- The leaves and flowers are edible and make an attractive addition to salads, slaws, or stir fries
- Flowers can be made into tea or a cold drink
- Full sun
- Moist well drained soil

Zone 9A and Higher

Frost sensitive
Roselle Hibiscus - *Hibiscus sabdariffa*

- Grows 6 to 8 feet tall
- Propagate by seeds or stem cuttings
- Fruit is known as the Florida cranberry – flower calyxes (fruit) can be used like cranberries
- Full sun
- Moist well drained soil

Zones 8A and Higher

Frost sensitive
HIBISCUS SUNSET- *Hibiscus manihot*

- Grows to 10 feet tall
- Propagate by seeds or stem cuttings
- Flowers can be eaten raw or cooked
- Leaves very nutritious – 5% protein
- Leaves used same as collards
- Full sun to part shade
- Moist well drained soil

Zones 8B and Higher

Frost sensitive
Kenaf - *Hibiscus cannabinus*

- Grows to 10 feet
- Propagate by seeds or stem cuttings
- Seed is 20% oil – can be used as a biofuel
- Leaves very nutritious
- Use raw or cooked
- Leaves resemble marijuana
- Full sun to part shade
- Moist well drained soil

Zones 8A and Higher

Frost sensitive
Jerusalem Artichoke – *Hellanthus tuberosus*

- Plants grow 4 to 6 feet tall. Can reach 12 feet.
- Plant tubers 4 inches deep and 1 to 3 feet apart.
- Propagate by tuber or parts or tuber.
- Dig up in spring and only what you will use.
- Raw or cook like any root crop.
- Full sun.
- Moist well drained soil.

Zones 9B and Lower
Jewels of Opar - *Talinum paniculatum*

- Grows 18-24 inches tall
- Space 12-24 inches apart
- Grow in full-sun to full-shade
- Propagate by seed or stem cutting
- Eat raw or use with any spinach recipe

Zones 9A and Higher
Job’s Tears - *Coix lacryma-jobi*

- Grows 3 to 4 feet tall
- Space 6 to 12 inches apart
- Grow in full-sun
- Prefer moist soil
- Propagate by seed
- Cook like any grain

Zones 10 and Higher
Katuk – *Sauropus androgynus*

- A woody upright bush, to 9 feet
- Plant 2-3 feet apart
- Eat raw or cook like spinach
- Propagate by seed or stem cutting
- Can be eaten raw or cooked like spinach
- Full sun to part shade
- Moist well drained soil

Zones 9A and Higher

Frost tender

<table>
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<th>Actual quantity per half cup serving of fresh leaves</th>
<th>% Daily Value USDA, 2000 calorie diet</th>
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<tr>
<td></td>
<td>Katuk</td>
<td>Spinach</td>
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<tr>
<td>Protein</td>
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<tr>
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<td>Vitamin C</td>
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Lovage - *Levisticum officinale*

- Grows to over 6 feet
- Plant 1 foot apart
- Propagate by seed
- Leaves used to flavor soups, casseroles, sauces and marinades or as a vegetable
- The stems and the seeds are used to flavor baked goods
- The roots can be peeled and used as a vegetable
- Full sun to part shade
- Moist well drained soil

Zones 9A and Lower
Malabar Spinach - *Sasella alba*

- Plant 6 inches apart by a fence or trellis. Vines up to 12 feet
- Eaten raw in salads or use in any spinach recipe
- Propagate by seed or cuttings
- Full sun
- Moist well drained soil

Zones 9A and Higher

Frost tender
Moringa – *Moringa spp.*

- Grow to 20 feet in one summer
- Leaves, flowers and roots edible
- Propagate by seed or stem cutting
- Leaves can be dried or frozen or eaten raw
- Use like spinach
- Full sun
- Dry to moist soil

Zones 9A and Higher

Frost sensitive

- 7 times the vitamin C in oranges
- Plus: 4 times the calcium in milk
- Plus: 4 times the vitamin A in carrots
- Plus: 3 times the potassium in bananas
- Plus: 2 times the protein in milk
New Zealand Spinach—*Tetragonia tetragonioides*

- Grows 1 to 2 feet tall
- Leaves and top 3 to 4 inch shoots are edible
- Propagate by seed or cutting
- Eat raw or cook like spinach
- Full sun to part shade
- Dry to moist soil

Zones 9A and Higher

**Oxalic Acid**
Nopal Cactus – *Opuntia* spp.

- Grows 12 to 18 feet tall
- Propagate by planting a pad. Dry pad for 2 to 4 weeks and then bury them half way in the ground
- Can be cooked, fried, or eaten raw – remove spines before eating
- Flowers and fruits are also edible
- Full sun
- Extremely well drained soil

Zones 8A and Higher
Okinawa Spinach – *Gynura crepioides*

- A vine that can get to 4 feet tall and sprawls to 5 feet in diameter
- Up to six plants per person should be enough to provide ample vegetables
- Propagate by stem cuttings
- Use raw or cook like spinach
- Full sun to part shade
- Moist well drained soil

Frost sensitive

Zones 9A and Higher
Onion Family

- Multiplier Onions
- Perennials
- Miscellaneous
Multiplier Onions – *Allium cepa aggregatum*

- Plant bulbs in spring 6 to 8 inches apart
- Need rich well-drained soil
- Plants should not be allowed to dry out
- Propagation – bulb division
- Harvest when tops die down. Brush off dirt and store in warm dry place for 2 months. Store in cool dry place.
- Use in any recipe needing onions
- Full sun
- Moist, well drained soil

Zones 8A and Higher
Perennial Onions — *Allium* spp.

- Some varieties are: perennial sweet leek, walking onion, Welsh onion, scallion, garlic chives, chives, and ramson
- Most prefer full sun and rich soil
- Propagate by dividing bulbs or by “walking” bulblets
- Use like green onions in recipes
- Light variable
- Moist, well-drained soil

Zones 8A and Higher
Society Garlic - *Tulbaghia violacea*

- Full sun to full shade. Doesn’t flower in shade
- Light sandy soils best
- Drought tolerant
- Propagate by dividing rhizome during dormant periods – winter
- Leaves and flowers taste like garlic
- Use raw or cooked with recipes for mild garlic flavor
- Full sun
- Moist, well-drained soil

Zones 8A and Higher
Perennial Cucumbers- *Coccinia grandis*

- Vine – give it plenty of space or a trellis
- Propagate by seed and vines rooting while spreading. Sterile variety recommended for tropics
- Eat melons when light green like cucumbers
- Leaves can be eaten raw or cooked
- Use raw or cooked with recipes for mild garlic flavor
- Full sun to part shade
- Moist, well-drained soil

Zone 9A and Higher
Pitpit— *Saccharum edule*

- Grows 6 to 10 feet
- Edible part is a banana-sized vegetable wrapped as a leafy sheath
- Propagate by plant division and cuttings
- Can be used like cauliflower
- Full sun
- Moist, well-drained soil

Zone 9A and Higher
Pokeweed—*Phytolacca americana*  

- Anything red on this plant is poisonous  
- Grows 4 to 10 feet tall and as wide  
- Roots and seeds are the most poisonous parts of the plant  
- Young shoots and young leaves can be eaten but must be cooked  
- Cook in water. Change water 3 times before serving  
- Full sun to part shade  
- Moist, well-drained soil

*Zone 9B and Lower*

saponins, oxalates, and phytolacine—cook in water
Purslane – *Portulaca oleracea*

- Plants are about 4 inches high and 6 to 8 inches wide
- Plant 12 inches apart
- Any kind of well drained soil
- Drought resistant
- Propagate by seed
- Can be used raw or cooked like spinach
- Full sun
- Dry to moist, well drained soil

Zone 9A and Higher

Frost tender
Rhubarb – *Rheum x cultorum*

- Grows in clumps 4 to 5 feet wide with 5 to 6 feet tall flower stalks
- Plant at least 3 feet apart
- Propagate by seed or dividing clumps
- Eat only the stalks or flower buds in moderation. The rest of the plant is poisonous
- Use in pies or soups, or cooked vegetable
- Part to full shade
- Moist, well-drained soil

Zone 9A and Lower

Oxalic Acid
Salad Burnett - *Poterium sanguisorba*

- Grows 1 foot wide and 1 foot tall
- Grow in full sun to light shade
- Use in salads, vinegars, cheese spreads, sauces for fish, salad dressings and in combination with other herbs in casseroles and creamy soups.

Zone 8A and Higher
Saltbush – *Atriplex halimus*

- Grows 4 to 6 feet tall and 8 feet wide
- Propagate by seed or cuttings
- Use raw or cooked like spinach
- Full sun
- Dry to moist, well-drained soil

Zone 9B and Lower

Oxalic Acid
Seabeet – *Beta vulgaris maritima*

- Grows to 4 tall and 8 feet wide
- Plant forms clumps to 3 feet wide
- Propagate by seed
- Use raw or cooked like spinach
- Full sun
- Dry to moist, well drained soil

Zone 9B and Lower

Oxalic Acid
Sissoo Spinach – *Alternanthera sissoo*

- Grows 1 foot tall and creeps along ground
- Propagate by softwood cuttings
- Cook like spinach
- Part shade
- Moist, well drained soil

Oxalic Acid

Frost tender

Zone 9A and Higher
Stinging Nettles – *Urtica dioica*

- Handle with gloves – it really stings
- 3 to 7 feet tall
- Grow in full-sun to shade. Shade recommended for the tropics
- Propagate by seeds or stem cuttings
- Cooking disables the stinging parts of the plant
- Cook like spinach
- Sun to shade
- Moist, well drained soil

Zone 9B and Lower
Sorrel – *Rumex & Oxyria* spp.

- Grows to 4 inches to 2 feet depending on variety
- Propagate by seed or division
- Use leaves in soups or salads as you would spinach
- Small quantities of raw leaves are harmless
- Large quantities of raw leaves are toxic
- Sun to shade
- Soil variable

Zone 9B and Lower

Oxalic Acid
Sweet Potato – *Ipomoea batatas*

- Plant root cuttings or slips 3 feet apart
- Eat the leaves all summer then enjoy the tubers in the winter
- Leaves can be eaten raw or cooked
- Tubers can be eaten raw or cooked
- Full sun
- Moist, well drained soil

Zone 8A and Higher
Sylvetta Arugula – *Diplotaxis muralis* & *D. tenufolia*

- Small shrub 3-6 feet
- Space 6 to 12 inches apart
- Propagate by seed
- Can be used raw or cooked like spinach
- Taste much stronger than annual arugula
- Sun to part shade
- Moist to dry soil

Zone 9B and Lower
Tomato
Spring Tree - *Toona sinensis*

- Tree 10 – 15 feet tall
- Propagate by seed or root sucker
- Eat raw or cook like spinach
- Full sun
- Moist, well drained soil

Zone 8A and Higher
Yacón – *Smallianthus sonchifolia*

- Place plants 3 feet apart
- Grow to 6 feet tall
- Propagate by dividing non-eating tubers
- Tubers and leaves eaten raw or cooked
- Partial shade in mid- to late-summer in tropics
- Full sun to part shade
- Moist, well drained soil

Zone 9A and Higher
Yellow Asphodel – *Asphodeline lutea*

- Place plants 5 feet apart
- Grow to 2 feet tall
- Grows in 3 foot clumps
- Propagate by division or seed
- Roots eaten cooked
- Flowers eaten raw
- Spring shoots cooked like asparagus
- Harvest roots when plant is dormant
- Full sun to part shade
- Moist, well drained soil

Zone 9B and Lower
Yam Family

- *Dioscorea bulbifera* - Air potato
- *Dioscorea spp.* - Yam
Air Potato - *Dioscorea bulbifera*

- Vine to 45 feet or more – grow on trellis and keep contained
- Propagate by burying aerial tuber
- Harvest aerial tubers when easy twist off vine or fall to ground
- Store in cool, dry place
- In-ground tuber can be harvested when foliage dies back
- Cook like any root vegetable
- Wild forms are toxic and tubers are bitter
- Full sun to part shade
- Moist, well drained soil

*Zone 8A and Higher*
Yams – *Dioscorea* spp.

- Vine to 30 feet or more – grow on trellis
- Propagate by burying 1/3 of tuber and eat the rest
- Tuber can be harvested when foliage dies back
- Cook like any root vegetable
- Full sun to part shade
- Moist, well drained soil
- Zone 8A and Higher
Water Vegetables

- Add a fountain or other water container
- No need for pumps for plant growing only
- Most of these are rapid growing plants

- Lotus
- Water Celery
- Water Chestnuts
- Water Cress
- Water Plantain
- Water Spinach
Lotus – *Nelumbo nucifera* speciosum

- Water plant that grows to 4 to 5 feet
- Plant in pot in water garden
- Propagate by dividing rhizomes or by seed
- Harvest when plant is dormant
- Boil the young leaves and eat them as a vegetable
- Use rhizomes in soups or stew or boil for use in salad or other dishes
- Eat seeds raw, or parch and grind them into flour
- Do not put in ponds or streams

Zone 8A and Higher
Water Celery – *Oenanthe javanica*

- 2 to 4 feet tall
- Spreads by roots and branches into a dense colonies
- Grow in a water garden or moist soil
- Propagated from cuttings
- Use fresh or cooked like spinach
- Winter crop in tropics
- Some members of the family are poisonous
- Full sun to part shade
- Do not put in ponds or streams

Zone 8A and Higher
Water Chestnuts - *Eleocharis dulcis*

- Can be grown in any water container. Need 4 inches soil and 2 to 4 inches water once bulbs sprout
- Propagate from bulbs
- Harvest 3 to 4 weeks after leaves die down and turn brown
- The small, rounded corms can be eaten raw, slightly boiled, grilled, and are often pickled. Peel tough skin first though.
- Full sun
- Do not put in ponds or streams

Zone 9A and Higher
Watercress – *Nasturtium officinale*

- Grow in running water or wet soil
- Propagate by cuttings
- Use raw in salads or on sandwiches
- Use in soups or cook like spinach
- Full sun to part shade
- Do not put in ponds or streams

Zone 8A and Higher
Water Mimosa – *Neptunia oleracea*

- Grow water gardens or wet soil.
- Use raw or cook like spinach
- Full sun to part shade
- Do not put in ponds or streams

Zone 9A and Higher
Water Plantain Family - Alismataceae

- **Sagittaria latifolia** – arrowhead, duck potato & wapato
  - Grow in wet soil or water – 1 to 3 feet tall
  - Full sun to part shade
  - Can be grown in pot in water gardens – easy to harvest tubers
  - Multiply by rhizomes
  - Propagate by tubers
  - Cook like potatoes
  - Full sun
  - **Do not put in ponds or streams**

- **Sagittaria graminea** – Chinese arrowhead, kuwai, Chee Koo
  - Zone 8A and Higher
Water Spinach – *Ipomoea aquatica*

- Aquatic variety banned in US.
- Plants grow 2-3 feet
- Use raw or cooked the same as spinach
- Propagate by seed or cuttings
- Do ponds or streams

Zone 9A and Higher

Frost sensitive
Perennial Herbs
The Mediterranean Herbs

Lavender    Fennel    Mint    Bay Leaf
Oregano    Sage    Tarragon    Lemon Balm
Marjoram    Rosemary    Thyme    Winter Savory
Bay Leaf - *Laurus nobilis*

- Aromatic evergreen tree or small shrub
- Leaves us fresh or dried as a herb for flavoring
- Drying enhances flavor
- Can grow to 38 feet in frost free area
- Can be grown in containers

Killed by freezes
Fennel

- Eat raw or cook like summer squash
- Bulb, leaves, seed and pollen are all edible.
- Swallowtail butterfly host plant.
Lavender

- Used as food flavoring or add to water for a drink
- Used as a flavoring in baked goods and pudding like desserts
- Bees make lavender honey
- Many different cultivars
Lemon Balm

- Grows to 2 feet
- Full sun to shade
- Leaves used to make tea or other lemon flavored drinks
- Leaves can be added wherever a lemon flavor is wanted

Frost sensitive
Marjoram

- Subtle lemon flavor with a hint of balsam
- More delicate than oregano
- Can be used in meat, vegetable, and egg dishes
- Symbol of happiness

Frost sensitive
Mint

- Under trees for shade in Florida or part-shade
- Many varieties of mint including chocolate
- Use to flavor drinks
- Used in toothpastes, soaps, and mouthwashes
- Helps liver and calms digestion
- Plants can get out of hand
Oregano

- Grows to about 20 inches
- Does best in part-shade
- Spreads 19 inches
- Used in Italian cooking
- Use on meat, pizza, or vegetables
Rosemary

- Small shrub to 5 feet
- Used to flavor meat or vegetables
- High in iron, calcium and vitamin B6
- Said to improve memory
Sage - *Salvia officinalis*

- Grows to 3 feet
- Different varieties – from small shrub to ground cover
- Used to flavor meat or vegetables
- Make sage sauce with butter and cooked sage
- High in iron, calcium and vitamin B6
- Said to improve memory
Tarragon

- Grows to 5 feet
- French and Russian types
- French tarragon best for food
- One of 4 ingredients in fines herbs
- Use on meat and vegetables and salads
- Make tarragon vinegar
Thyme

- Can be used as a ground cover
- Height 6-8 inches tall and 6-12 inches wide
- Use small leaves for flavoring meat, vegetables, and salads
Miscellaneous Food Plants

- Arrow Root
- Galangal
- Ginger
- Turmeric
Arrowroot - *Maranta arundinacea*

- Up to 2 feet tall
- Tuber contains 23% starch
- Tuber is made into arrowroot
- It is a thickener
- Makes clear fruit gels
- Used in ice cream
- Used instead of flour
- Sun to shade
Galangal - *Alpinia galangal*

- Used in Thai recipes
- Up to 6 feet tall
- Grows by rhizome to form a low growing clump
- Prefers a well-composted, moist, freely draining soil
- Used like ginger
- Plant in a shady spot
- Harvest just part of root
Ginger - Zingiber officinale

- Up to 3 feet tall
- Sunny to filtered location
- Prefers a rich, moist, well-drained soil
- Plant in spring and harvest in the fall
- Grows to 2-3 feet
Turmeric

- Rhizome usually baked and mashed to a powder – used in curry dishes
- Rhizome can also be used fresh like ginger
- Fresh leaves used to wrap food in to impart flavor

- High amounts of curcumin in rhizome – pain reliever
- Grow in part-shade – afternoon sun is good. Full sun also acceptable
- Harvest after leaves die down in the fall
The End
References and Sources

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