Perennial Veg – Colder Climates

Sea kale - crambe maritima

Scorzonera hispana

-usually cultivated for edible roots

-edible leaves as lettuce

-flower shoots as cooked veg.

Common blue violet - viola sororia

-ground cover

-edible leaves and flowers (cooked)

Edible shoot bamboo

Giant Fuki

-petasites japonicus var. giganteus

-edible stems (boiled/peeled)

-grows in wet shade

Edible hosta - sagai

-curled shoots that come up in spring

-likes shade

Giant Solomon's seal

-polyonatum commutatum

-edible shoots / take leafy shoot @ top

-edible tubers (cooked like potato)

-likes shade

Asparagus

Garlic chives

-Allium tuberosum

Siberian pea shrub

-caragana arborescens

-fix nitrogen

Birdsfoot trefoil

-lotus comiculatus

-nitrogen fixing ground cover

Ramps - allium tricoccum

-shade loving

-edible greens/bulbs cooked

Kurrat leak - allium ampeloprasum

Sorrel - rumex acetosa "profusion"

-doesn't flower

Turkish rocket - bunias orientalis

-perennial broccoli rab

-stem and top edible cooked

Good King Henry

-chenopodium bonus-henricus

-edible shoots w leaves (cooked)

-will grow in partial shade

Rhubarb - rheum x cultorum

-edible stem

-toxic leaves/roots

Violet - viola "Rebecca"

-edible leaves /flowers

Udo - aralia cordata

-edible shoots

-partial shade

-beneficial insects

Ostrich fern

-matteuccia struthiopteris

-edible young shoots /fiddleheads

Cow parsnip - heracleum maximum

-edible leaf stalk

-edible flower stalk

-edible roots

-sap can cause sunburn

Water celery

-Oenanthe javanica

-edible leaves not stems

-fairly aggressive

Walking onion

-allium cepa profilerum

Climbing spinach

-hablitzia tamnoides

-edible leaves

-partial shade

-can grow up to 8ft

Arrowhead - sagittaria latifolia

-turnip flavor tubers

-edible young shoots

Native lotus -nelumbo lutea

-edible tubers

Chinese lotus - nelumbo nucifera

-edible tubers

Water chestnut - eleocharis dulcis

Sylvetta arugula - diplotaxis muralis

-shoots young leaves edible

-self sows

Skirret - sium sisarum

-cluster of parsnip

-edible greens

-flowers attract beneficial insects

-grows well with ramps

Welsh onion - allium fistulosum

-like Egyptian onion

-edible scallion

-edible bulbs

Groundnut - apios americana

-vine runs in suckers in many directions

-fixes nitrogen

Nettles - urtica dioca

-oikos tree crops (almost stingless)

Fragrant spring tree

-toona sinensis

-edible cooked leaves

Linden - tilia app.

Perennial wild bean

-phaseolus polystachios

-edible beans

-being cultivated for bigger beans

Beach pea

-lathyrus japonicus maritumus

-edible green pea/dry pea

The 3 brothers

-sunchoke - helianthus tuberosus

-groundnut -edible tubers

-Chinese artichoke - mint relative - edible tubers