

Perennial Plants for a Food Forest Garden

Arugula
Asparagus
Asparagus Pea
Bamboo shoots
Black salsify
Broadleaf Plantain
Bunching Onion Red
Bunching Onion White Welsh
Burnet Saxifrage
Cardoon
Chicory
Chinese Artichoke
Crosnes
Dame's Rocket
Daylily
Elephant Garlic
Egyptian Walking Onions
Fennel
Globe Artichoke
Good King Henry
Jerusalem Artichoke
Kailaan (Chinese Broccoli/Chinese Kale)
Multiplying Leeks
Lambs Lettuce
Land Cress
Lemon Sorrel
Mashua/Anu
New Zealand Spinach
Pikopiko- the hen and chicken fern
Perpetual Spinach
Perennial broccoli
Rhubarb
Runner Bean
Salad Burnet
Scurvy Grass
Sea Beet
Sea celery
Solomon's seals
Sweet Rocket
Stonecrop

Watercress
Wild Strawberry
Yacon

Perennial Herbs for your Food Forest Garden

Some of these are technically annuals but they re-seed themselves very willingly. Some of these herbs are medicinal rather than everyday eaters, please check before throwing them in a salad!

Anise
Basil- Bush, Sacred, Sweet, Thai
Bergamot bee balm
Bergamot lemon
Borage
Burdock
Calendula
Caraway
Catnip
Chamomile
Chives
Garlic Chives
Clary Sage
Coriander
Cowslip
Cumin
Dandelion
Dill
Echinacea
Evening Primrose
Fennel
Fenugreek
Feverfew
Goldenrod
Horehound
Hyssop
Lady's Mantle
Lavender English
Lemon Balm
Lemongrass
Liquorice
Lovage
Marjoram
Marshmallow
Mexican mint
Mullein

Oregano
Parsley
Parsley Italian
Peppermint
Plantain
Pyrethrum
Rosemary
Rue
Sage
Skullcap
Spearmint
St johns wort
Sweet Annie
Tansy
Thyme
Valerian
Vervain
White Sage
Wormwood