

## Edible Landscaping

Dan Franek

Southern Maine Community College

1. **Aronia, Black Chokeberry:** *Photinia melanocarpa (Aronia melanocarpa)*  
Plant consist of black, dark berries that can be squeezed and mixed with other juices. Not real sweet, a little bitter. Berries will stay on plant for a long time. Aronia fruit contains many anthocyanines, antioxidants, polyphenols, and flavonoides. Five times greater than cranberries in anthocyanins and flavonoides.
  
2. **Juneberry, Shadbush, Downy Serviceberry:** *Amelanchier arborea or laevis*  
**Shadblow Serviceberry:** *Amelanchier canadensis*  
Large shrub or small tree. Berries are considered better than highbush blueberry. Look like blueberries. Ripen in June. More popular in Netherlands and Germany. American Indians favored them. Can make jam, pie or dry them.
  
3. **Highbush cranberry:** *Viburnum trilobum*  
Taste like cranberries, large reddish, flattened seed. Identifying characteristic are two glands where the base of the petiole (leaf stalk) attaches to stem. Opposite leaf arrangement. Can make juice and jelly.
  
4. **American Mountain Ash:** *Sorbus americana*  
**European Mountain Ash:** *Sorbus aucuparia*  
Small tree that has leaves that are pinnate. Cluster of red berries that can be used for jams and pies. \* Large quantities of the raw fruit can cause vomiting. Seeds contain hydrogen cyanide. Usually the more bitter the more cyanide.
  
5. **Corneliancherry:** *Cornus mas*  
Excellent tasting plant. Delicious cherry, but oblong instead of round. C. mas reminds me of sour cherries from the Prunus genus. Can make jam and pies. Ripens in August but birds can harvest before humans.
  
6. **Kousa dogwood:** *Cornus kousa*  
I call it the Captain Crunch tree because the fruit reminds me of the red crunch berries in the cereal. The fruit is sweet and about the size of a rubber bouncing ball. The outside rough covering is not tasty, you peel it off. You eat only the inner flesh which is very good and safe to eat. Does have a lot of seeds. Can eat raw or use the flesh as you would a peach.
  
7. **Beach plum** *Prunus maritima*  
Found in coastal regions in sandy soils. Excellent tasting, just like a miniature plum about the diameter of a quarter. Small ones look like blueberries. Excellent jam and pies.

8. **Highbush Blueberry** : *Vaccinium corymbosum*

**Lowbush Blueberry**: *Vaccinium augustifolium*

Highbush blueberry 6 to 12 ft, white flowers, stem yellow, green to deep red. Not as sweet as *V. augustifolium* lowbush which grows 2 ft and has pink flowers. It can grow almost anywhere in dry woods, rock outcroppings. Saw on top of Katahdin. Both are excellent winter interest with its beautiful, deep red stems.

9. **Hawthorn**: *Crataegus spp.*

Large group of trees and shrubs which have small miniature apple like fruit. Many hawthorns have thorns. Fruit can be eaten raw and made into jelly.

10. **Saltspray Rose, Rugosa Rose, Wrinkled Rose**: *Rosa rugosa*

The fruits are called "hips", rose hips can be eaten raw and are very delicious. I will try to eat one a day just for my vitamin C. (Much higher than citrus) The hips can be dried and used in teas. Petals are mild tasting but are a great addition to salads. This rose is actually non-native and introduced from Asia.

11. **Elderberry, American Elder**: *Sambucus canadensis*

Small, purple BB size fruit. One of the highest vitamin C content of any fruits. Leaves, roots, stems and unripe fruit is a little toxic.

12. **Crabapples**: *Malus spp.*

Some are a little bitter, but great for making jelly because they have a higher pectin amount.

13. **Hickory**: *Carya ovata*

The nut is excellent tasting, often sweet. Can put on ice cream or just eat raw or roasted. The trees are large and has beautiful peeling bark.

14. **Walnut**: *Juglans nigra*

15. **Japanese knotweed**: *Polygonorum cuspidatum*

**Other edibles**

**Ribes spp.** Current, Gooseberry,

**Rubus spp.** Blackberry, Raspberry, Salmon berry, Thimbleberry

**Chicken of the Woods**: *Laetiporus sulphureus*

Edible Mushroom