

Perennial Plants and Vegetables

Plants

Below is a list of edible plants commonly grown in gardens, arranged by growth habit. Many types of common weeds and wild plants are also perennial and can be used in salads. Harvest from areas that are not contaminated by traffic exhaust.

Perennial Trees

American wild plum, *Prunus americana*
Apple, *Malus domestica*
Avocado, *Persea americana*
Black cherry, *Prunus serotina*
Chestnut crab, *Malus* sp.
Choke cherry, *Prunus virginiana*
Citrus, *Citrus* sp.
Cornelian cherry, *Cornus mas*
Eastern Redbud, *Cercis occidentalis*
Fig, *Ficus carica*
Glossy black chokeberry, *Aronia melanocarpa*
Hawthorn, *Crataegus* sp.
Hazel nut, *Corylus americana*, *C. cornuta*, *C. avellana*
Loquat, *Eriobotrya japonica*
Maidenhair tree, Ginkgo, *Ginkgo biloba*
Monkey puzzle, *Araucaria araucana*
Pear, *Pyrus* sp.
Persimmon, *Diospyros* sp.
Pin cherry, *Prunus pennsylvanica*
Plum, *Prunus* sp.
Quince, *Cydonia oblonga*
Serviceberry, Juneberry, *Amelanchier* sp.
Sweet Chestnut, *Castanea sativa*
Tart cherry, *Prunus* sp.

Vines

Grape, River or Frost, *Vitis riparia*
Grape, Table or Wine, *Vitis* sp.
Kiwi, *Actinidia* sp.
Shrubs and Berries
American elderberry, *Sambucus canadensis*
American highbush cranberry, *Viburnum trilobatum*
Black berry, *Rubus allegheniensis*
Black raspberries, *Rubus occidentalis*
Blueberry, *Vaccinium angustifolium*, *V. corybosium*
Cranberry, *Vaccinium macrocarpon*
Elderberry, *Sambucus nigra*
Golden currants, *Ribes aureum*
Golden raspberries, *Rubus* sp.
Gooseberries, *Ribes* spp.
Hobblebush, *Viburnum alnifolium*
Honeyberry, *Lonicera caerulea*

Huckberry, *Vaccinium* sp.
Huckle berry, *Gaylussacia baccata*
Lingonberry, *Vaccinium vitis-idaea*
Nannyberry, *Viburnum lentago*
Red raspberries, *Rubus idaeus*
Regent Serviceberry *Amelanchier alnifolia* 'Regent'
Sea berry, *Hippophae rhamnoides*
Silverbuffalo berry, *Shepherdia argentea*
Smooth sumac, *Rhus glabra*
Staghorn sumac, *Rhus typhina*
Strawberry, alpine, *Fragaria vesca*
Strawberry, *Fragaria virginiana*
Thimbleberry, *Rubus parviflorus*
Wild rose, *Rosa blanda* or sp.

Perennial Herbs

Anise hyssop, *Agastache foeniculum*
Basil, *Ocimum basilicum*
Catnip, *Nepeta cataria*
Chives, *Allium schoenoprasum*
Fennel, *Foeniculum vulgare*
Feverfew, *Chrysanthemum parthenium*
French tarragon, *Artemisia dranunculus*
Garlic chives, *Allium tuberosum*
Lavender, *Lavandula angustifolia*
Lovage, *Levisticum officinale*
Mint, *Mentha* sp.
Oregano, *Origanum vulgare*
Parsley, *Petroselinum crispum*
Rosemary, *Rosemarinus officinalis*
Sage, *Salvia*
Shiso, Japanese Red Mint, *Perilla frutescens*
Thyme, *Thymus vulgaris*

Perennial Vegetables and Greens

Arrowhead, *Sagittaria sagittifolia*
Arugula, rocket, *Diplotaxis erucoides*
Asparagus, *Asparagus officinalis*
Chicory, *Cichorium* sp.
Comfrey, *Symphytum* sp.
Earth Pea, *Lathyrus tuberosa*
Elephant Garlic, *Allium ampeloprasum*
Galangal, Thai ginger, *Alpinia galangal*
Garlic, *Allium sativum*
Ginger, *Zingiber officinale*
Globe artichoke, *Cynara scolymus*
Golden shallots, *Allium cepa* var. *aggregatum*
Ground nut, *Agrios americana*
Horseradish, *Amoracia* sp.
Jerusalem artichokes, sunchoke, *Helianthus tuberosus*
New Zealand Spinach, *Tetragonia*
Oca, New Zealand yam, *Oxalis tuberosa*
Peruvian parsnip, *Arracacia xanthorrhiza*
Rhubarb, "*Rhuem rhabarbarum*

Sea beet, *Beta vulgaris* ssp. *maritima*
Sea kale, *Crambe maritima*
Sorrel, *Rumex acetosa*
Sweet potato, *Ipomoea batatas*
Taro, *Colocasia esculenta*
Turmeric, Indian saffron, *Curcuma domestica*
Waterchestnuts, *Eleocharis dulcis*
Welsh onion, *Allium* sp.
Yacon, *Smallanthus sonchifolius*
Yam, *Dioscorea batata*