ATTRACTIVE VEGETABLES AND HERBS
RECOMMENDED FOR WESTERN OREGON
Kate Rogers Gessert
information from The Beautiful Food Garden

GUIDELINES FOR LANDSCAPING WITH VEGETABLES AND HERBS

* Grow food plants near the living areas of your garden, so you can enjoy them up close.
* For year-round interest, give garden beds and nearby areas plenty of structure - raised beds, trellises, strong paths - and a variety of textures - bricks, wood, water, stone, tiles, bark mulch...
* Grow plants in drifts or groups rather than in rows.
* When possible, grow flowers, vegetables, and herbs together for beauty and diversity: delicate flowering vines on cages of tomatoes, annual flowers with basil or pepper bushes...
* Choose vegetable varieties carefully; not all are attractive, high-yielding, and locally adapted.
* Include winter-hardy vegetables and herbs and ornamental spring bulbs for a garden that looks good all year.

PERENNIAL VEGETABLES

Asparagus  Bamboo
Bunching onion  Artichoke
Rhubarb
Day lilies (*Hemerocallis* cultivars and lemon lily, *H. lilioasphodelus*)
Arrowhead (aquatic)  Water chestnut (aquatic)
PERENNIAL HERBS & EDIBLE FLOWERS

Angelica  Anise hyssop
Beebalm/bergamot Burnet
Celery ‘French Dinant’ Chives
Oriental/garlic chives Copper fennel
Lavender Lovage
Mints Oregano
Rosemary Sage
Winter savory Thymes
Sweet violet Redbud (Cercis canadensis, C. siliquastrum)
Sweet bay (Laurus nobilis)

COOL WEATHER ANNUAL VEGETABLES
& A FEW FAVORITE CULTIVARS

Cabbage  ‘Mammoth Red Rock,’ ‘Early Jersey Wakefield,’ ‘Stonehead,’
          ‘Ice Queen’ savoy
Carrot   ‘Royal Chantenay’ and bushy-topped varieties
Ornamental kale
Kale     ‘Dwarf Blue Scotch,’ ‘Westland Winter,’ ‘Russian Red’
Leek     ‘Butter King,’ ‘Merveille de Quatre Saisons’
Lettuce  ‘Fordhook Fancy,’ ‘Green Wave’
Mizuna
Mustard
Pea      ‘Cascadia’
Fall radish ‘Sakurajima Mammoth,’ ‘All Seasons White’
Swiss chard ‘Rhubarb’
WARM WEATHER ANNUAL VEGETABLES

Amaranthus
Bush bean
Pole and runner beans
Carrot
Corn
Cucumber
Eggplant
Sweet pepper
Hot peppers
Soybean
Tomato
Winter squash
Zucchini

Love-lies-bleeding, 'Early Splendor'
'Royal Burgundy'
'Scarlet Runner,' 'Kentucky Wonder'
See above, Cool Weather Annual Vegetables
'Iochief,' 'Burgundy Delight'
'Pacer,' 'Marketmore,' 'Lemon'
'Ichiban'
Thai pepper, 'Thai Dragon,' 'Habanero,' 'Serrano'...

ANNUAL HERBS & EDIBLE FLOWERS

* Starred plants often reseed.
~ These plants often overwinter.

Basil
Calendula
Carnation
Chervil
Cilantro
Dill
Rock garden/signet marigold
Nasturtium
Parsley
Summer savory

Little-leaf basil, purple-leaved basils

'Fragrance,' 'Chabaud's Giant'

'Slow-bolting'

'Fragrant Giants'

Curly and plain-leaf* ~ parsleys
LANDSCAPING WITH FOOD PLANTS
ATTRACTIVE FRUITS AND NUTS FOR WESTERN OREGON
Kate Rogers Gessert
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SUGGESTIONS FOR LANDSCAPING WITH FRUITS AND NUTS
* Use fruit and nut-bearing plants in three different ways at once: for beauty, for food, and to provide garden structure: shade, hedges and privacy barriers, framing of views, groundcover, etc.

* Select varieties well-adapted locally, with good disease resistance.

* When selecting fruit trees, consider ease of maintenance and structural use in landscape, and choose an appropriate-sized tree: dwarf, semi-dwarf, standard.

* Select many fruits and nuts that help make the garden interesting in winter as well as during the growing season: attractive bark, buds, and/or branching patterns, evergreen foliage.

* Consider planting some fruit and nut-bearing plants to share with wildlife.

FRUIT TREES
- Asian and European pears
- Sweet, pie, and Duke cherries
- Black and red mulberries
- Asian persimmon
- Elderberry
- Serviceberry

NUT TREES
- English walnut
- Chestnut
- European plums
- Fruiting quinces
- Disease-resistant apples
- Disease-resistant crabapples
- Fig
- Cornelian cherry (Cornus mas)
- Black walnut
- Hazelnut
### BUSH FRUITS

- Blueberry
- Red huckleberry
- Highbush cranberry (*Viburnum opulus* and *Viburnum trilobum* cultivars)
- Rugosa rose
- Salal
- Gouri (*Eleagnus multiflora*)
- Evergreen huckleberry
- Red and black currants
- Oregon grape
- Aronia 'Viking' and 'Nero'
- Blue honeysuckle (*Lonicera caerulea*)

### VINE FRUITS

- Grape
- Kiwi

### GROUNDCOVER FRUITS

- Strawberry
- Lingonberry
- Cranberry
- Oregon wintergreen (*Gaultheria ovatifolium*)

### CANE FRUITS

Few ornamental features but delicious fruit! Raspberries can be a pleasant background hedge.
NATIVE LANDSCAPING FOR WESTERN OREGON

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SUGGESTIONS FOR NATIVE LANDSCAPE DESIGN

* Use native plants in three different ways at once: for beauty, for wildlife, and to provide garden structure.
* Select plants with good disease resistance.
* When selecting trees, consider size, ease of maintenance and structural use in landscape.
* Select plants that help make the garden interesting in winter as well as during the growing season: attractive bark, buds, and/or branching patterns, evergreen foliage.
* Avoid plants that are locally invasive, such as butterfly bush and Scotch broom.
* Place native species in areas of the garden that match their light, soil, and moisture needs.

NATIVE TREES

Garry oak
Ponderosa pine (e)
Black hawthorne
Alder
Vine maple
Douglas fir (e)
Incense cedar (e)
Coast redwood (e)
Mountain hemlock (e)

Shore pine (e)
Madrone (e)
Blue elderberry
Bigleaf maple
Pacific dogwood
Grand fir (e)
Western red cedar (e)
Western hemlock (e)

NATIVE SHRUBS

Evergreen huckleberry (e)
Tall Oregon grape (e)
Indian plum

Red huckleberry
Cascade Oregon grape (e)
Red-flowered currant
MORE NATIVE SHRUBS

Garrya (e) Pacific wax myrtle (e)
Pacific rhododendron (e) Native azalea (*R. occidentale*)
Salal Snowberry
Ceanothus Red osier dogwood
Oceanspray Mock orange
Potentilla Ninebark
Nootka rose Douglas spiraea

Hairy manzanita (*Arctostaphylos columbiana*) Native willows

NATIVE GROUNDCOVERS

Native strawberries (e) Oregon wintergreen (*Gaultheria ovatifolium*) (e)
Sword fern (e) Kinnikinnik/bearberry (e)
Twinflower (e) Lady fern

NATIVE PERENNIALS & BULBS

Inside-out flower (*Vancouveria hexandra, V. planipetala* (e))
Hummingbird flower (*Zauschneria latifolia*)
Evening primrose (*Oenothera caespitosa*)

Native asters *Lupinus polyphyllus*
Arrowhead (aquatic) Showy milkweed (*Asclepias speciosa*)
Perennial sweet pea Douglas iris (e)
Pearly everlasting Moth mullein (naturalized)
False Solomon's seal Foam-flower (*Tiarella trifoliata*)
*Erythronium* species Camas
*Fritillaria* species Goatsbeard
Fireweed Bleeding heart
Blue flax Monkeyflowers
Wild ginger Wood sorrel
NOTES ON WILDLIFE GARDENING

Kate Rogers Gessert

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DANGERS: CATS, WINDOWS, PESTICIDES, UN-CLEANABLE NEST BOXES

Shelter

Brush piles: internal structure towhees hope for foxes....
Nesting boxes: size of opening OPEN TO CLEAN! keep predators out east face
Mason bee boxes Bat boxes
Walls and rocks: snakes, lizards, and snails
Shrubs: tangled favorites: forsythia, blackberries, thickets
Trees: incense cedars Douglas fir apartment house
Herbaceous plants: stay up in winter cocoons natural look beebalm, joe pye

Food

Trees: crabapples Oregon white oak space to bear acorns competition
Shrubs: berries not Cotoneaster franchetii/butterfly bush vitex alternative
Herbaceous plants: leaving flowers up - sunflowers, rudbeckias, calliopsis etc.

flower nectar for butterflies, bees, and hummingbirds

Bugs: leaf litter! bark healthy gardens
Crops: nets ground staples timing deer and fences
Feeders: seeds turkeys
Butterfly and bee plants: bed-and-breakfast a milkweed story

Water

Bird baths: shallow depth moving water ice
Ponds: shallows vs. raccoons frogs
Streams: streamside plantings
Winter wetlands: native pattern
DROUGHT-TOLERANT PLANTS FOR WESTERN OREGON

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NOTES: Good drainage is important to these plants. Mulch helps retain water, but make sure tight mulch does not cause crowns to rot in winter rains. Even drought-tolerant plants need regular water the first year or two in the garden.

* These plants sometimes die or become diseased with regular summer water.

TREES (e: evergreen)

- Garry oak* & many oaks
- Ponderosa pine (e)
- Pacific dogwood *
- Douglas fir (e)
- Incense cedar (e)

- Shore pine * (e)
- Madrone * (e)
- many pines (e)
- cedars (e)
- Sophora japonica

SHRUBS

- Tall Oregon grape (e)
- Red-flowered currant
- Garrya (e)
- Ceanothus *
- Oceanspray
- Potentilla
- Hairy manzanita * (Arctostaphylos columbiana) (e)

- Indian plum
- Snowberry
- Pacific wax myrtle (e)
- Scouler and Sitka willows
- Mock orange
- Nootka rose
- Cistus species (e)
- Rosemary (e)
- Strawberry bush (e)
- California redbud *
- Sweet bay (e)
- most Artemisia
- Pineapple guava (e)
- Black hawthorne
**GROUNDCOVERS**

- Wild strawberry (e)
- Kinnikinnik/bearberry (e)
- Sword fern (e)
- St. John’s wort (e)
- Rosemary (e)
- Thyme (e)

**PERENNIALS**

- Hummingbird flower (*Zauschneria latifolia*)
- Evening primrose (*Oenothera* species)
- Yarrow
- Russian sage (*Perovskia*)
- Perennial sweet pea
- Pearly everlasting
- Blue flax
- *Mexican hat flower* (*Ratibida*)
- Many penstemons
- Douglas iris * (e)
- Moth mullein (naturalized)
- Coreopsis
- Showy milkweed (*Asclepias speciosa*)