



# CALENDULA

## Nursery and Landscaping

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*Did you know...* autumn is the best time of the year to plant! Really! Check back here soon for more info.

Open: Winter Hours  
By Appointment Only  
If we're around we would love to see you!

*Thinking of going native with your plantings?*  
Check back here in a few days for info, tips, & philosophy about the trend.

### This Weeks'

#### Top Plant Picks:

- [Raspberries](#)
- [Blackberries](#)
- [Lingonberry](#)
- [Grapes](#)
- [Kiwis](#)
- [Aronia](#)
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- [Olives](#)
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### What's

#### Happening:

Our sister nursery in Portland is doing some very exciting things with art & plants - check out [Artemisia Nursery](#) for an extraordinary visual treat!

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Check out our friend [Candace Brown's](#)

**Featured Plant :**

**Lingonberry**

[blog](#) . She writes about the coolest places, people, and things to do in the Tacoma area. Candace and her husband Dave are incredible musicians and can be found at various venues around the region.

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## Japanese Maples

Our Japanese Maples are gorgeous this year! We have a wide range of sizes, shapes and colors to choose from as well as some other very cool upright and larger multi-branched Maples. [Click here for our list of Japanese Maples.](#)



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## Raspberries

Our Raspberry plants have been growing like crazy and they all have luscious fruit maturing on their branches. We have a wide variety ranging from 'Amity', an everbearing type that produces sweet, intense and classically flavored



berries, 'Royalty', an everbearing purple raspberry whose flavor changes dramatically as it changes from red to dark purple throughout the season, and 'Fall Gold', a late season golden Raspberry that is incredibly tasty. [Click here to see our complete list of varieties.](#)







The following information is taken from a non-profit organization called Plants For A Future at [www.pfaf.org](http://www.pfaf.org).

*Rubus idaeus* - L.

## Raspberry

Author	L.	Botanical references	11, 17, 200
Family	<a href="#">Rosaceae</a>	Genus	<a href="#">Rubus</a>
Synonyms			
Known Hazards	None known		
Range	Europe, including Britain, from Iceland south and east to Spain and temperate Asia.		
Habitat	Moist neglected land, hedgerows and woodland edges[7, 11, 244].		
Edibility Rating	 5 (1-5)	Medicinal Rating	 3 (1-5)

## Physical Characteristics

It is hardy to zone 3 and is not frost tender. It is in leaf from April to November, in flower from June to August, and the seeds ripen from July to September. The flowers are hermaphrodite (have both male and female organs) and are pollinated by Bees, flies. The plant is self-fertile.

The plant prefers light (sandy), medium (loamy) and heavy (clay) soils and requires well-drained soil. The plant prefers acid, neutral and basic (alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It requires moist soil.

## Habitats

Woodland Garden; Sunny Edge; Dappled Shade; Shady Edge;

## Edible Uses

Edible Parts: [Fruit](#); [Root](#); [Stem](#).

Edible Uses: [Coffee](#); [Tea](#).

Fruit - raw or cooked[2, 5, 7, 61]. Delicious when eaten out of hand, the fruit is also used in pies, preserves etc[183]. Root - cooked. The root, which should be neither too young nor too old, requires a lot of boiling[7]. Young shoots - peeled and eaten raw or cooked like asparagus[172]. They are harvested as they emerge through the ground in the spring and whilst they are still tender. A herb tea is made from the dried leaves[21, 46, 183]. Another report says that a type of tea made from raspberry and blackberry leaves is an excellent coffee substitute[7].

## Medicinal Uses

[Antiinflammatory](#); [Astringent](#); [Birthing aid](#); [Cardiac](#); [Decongestant](#); [Oxytotic](#).

Antiemetic[13, 165]. The leaves and roots are anti-inflammatory, astringent, decongestant, ophthalmic, oxytotic and stimulant [4, 13, 165, 222, 254]. A tea made from them is used in the treatment of diarrhoea, as a tonic for the uterus to strengthen pregnant women, and as an aid in childbirth[4, 222, 257]. The tea has also been shown as effective in relieving painful menstrual cramps[222]. The active ingredients both stimulate and relax the uterus[222]. They can be used during the last three months of pregnancy and during childbirth, but should not be used earlier[238]. Externally, the leaves and roots are used as a gargle to treat tonsillitis and mouth inflammations, as a poultice and wash to treat sores, conjunctivitis, minor wounds, burns and varicose ulcers[238, 257]. The leaves are harvested in the summer and dried for later use[9]. The fruit is antiscorbutic and diuretic[7]. Fresh raspberry juice, mixed with a little honey, makes an excellent refrigerant beverage to be taken in the heat of a fever[21]. Made into a syrup, it is said to have a beneficial effect on the heart[21].

## Other Uses

### Cosmetic; Dye; Paper.

A purple to dull blue dye is obtained from the fruit[168]. A fibre obtained from the stems is used in making paper[189]. The stems are harvested in the summer after the fruit has been eaten, the leaves are removed and the stems are steamed until the fibres can be stripped. The fibres are cooked for 2 hours with lye and then hand beaten with mallets or ball milled for 3 hours. The paper is light brown in colour[189]. A decongestant face-mask made from the fruit is used cosmetically to soothe reddened skin[7].

## Cultivation details

Prefers a good deep well-drained loamy soil on the acid side[1, 34]. Dislikes very heavy soils[1, 200], light soils[4] and alkaline soils[200]. Prefers an open position but tolerates some shade[1]. Plants crop less well when grown in the shade of trees though they do well in the open on a north-facing slope[200]. Requires a position sheltered from strong winds[200]. Prefers a pH between 6 and 6.5[200]. Raspberries are frequently cultivated in temperate regions of the world, both in the garden and commercially, for their edible fruit. There are many named varieties able to supply fresh fruit from mid-summer to the autumn[1, 200]. High costs of picking the fruit means that little is actually sold fresh, most of the commercially cultivated crops either being used for preserves or grown for the 'Pick Your Own' trade. All the cultivars are self-fertile[200]. This species has biennial stems, it produces a number of new stems each year from the perennial rootstock, these stems fruit in their second year and then die[200]. It is best not to grow raspberries near blackberries or potatoes[18]. Plants in this genus are notably susceptible to honey fungus[200].

## Propagation

Seed - requires stratification and is best sown in early autumn in a cold frame. Stored seed requires one month stratification at about 3°C and is best sown as early as possible in the year. Prick out the seedlings when they are large enough to handle and grow on in a cold frame. Plant them out into their permanent positions in late spring of the following year. Cuttings of half-ripe wood, July/August in a frame[200]. Tip layering in July. Plant out in autumn. Division in early spring or just before leaf-fall

in the autumn[200].

## Cultivars

'Autumn Bliss' A large fruit with a firm flesh and a pleasant mild flavour[183]. It bridges the gap between late summer cultivars and the autumn bearing forms[183]. Canes are fairly erect and can be grown without support, they are resistant to some viruses[183]. 'Glen Cova' 'Leo' 'Lloyd George' 'Malling Admiral' 'Malling Delight' 'Malling Jewel' 'Malling Joy' 'Malling Promise' 'Zeva'

## Links

## References

[1] **F. Chittendon.** RHS Dictionary of Plants plus Supplement. 1956 Oxford University Press 1951

Comprehensive listing of species and how to grow them. Somewhat outdated, it has been replaced in 1992 by a new dictionary (see [200]).

[2] **Hedrick. U. P.** Sturtevant's Edible Plants of the World. Dover Publications 1972 ISBN 0-486-20459-6

Lots of entries, quite a lot of information in most entries and references.

[4] **Grieve.** A Modern Herbal. Penguin 1984 ISBN 0-14-046-440-9

Not so modern (1930's?) but lots of information, mainly temperate plants.

[5] **Mabey. R.** Food for Free. Collins 1974 ISBN 0-00-219060-5

Edible wild plants found in Britain. Fairly comprehensive, very few pictures and rather optimistic on the desirability of some of the plants.

[7] **Chiej. R.** Encyclopaedia of Medicinal Plants. MacDonald 1984 ISBN 0-356-10541-5

Covers plants growing in Europe. Also gives other interesting information on the plants. Good photographs.

[9] **Launert. E.** Edible and Medicinal Plants. Hamlyn 1981 ISBN 0-600-37216-2

Covers plants in Europe. a drawing of each plant, quite a bit of interesting information.

[11] **Bean. W.** Trees and Shrubs Hardy in Great Britain. Vol 1 - 4 and Supplement. Murray 1981

A classic with a wealth of information on the plants, but poor on pictures.



[13] **Triska. Dr.** Hamlyn Encyclopaedia of Plants. Hamlyn 1975 ISBN 0-600-33545-3

Very interesting reading, giving some details of plant uses and quite a lot of folk-lore.

[17] **Clapham, Tootin and Warburg.** Flora of the British Isles. Cambridge University Press 1962

A very comprehensive flora, the standard reference book but it has no pictures.

[18] **Philbrick H. and Gregg R. B.** Companion Plants. Watkins 1979

Details of beneficial and antagonistic relationships between neighbouring plants.

[21] **Lust. J.** The Herb Book. Bantam books 1983 ISBN 0-553-23827-2

Lots of information tightly crammed into a fairly small book.

[34] **Harrison. S. Wallis. M. Masefield. G.** The Oxford Book of Food Plants. Oxford University Press 1975

Good drawings of some of the more common food plants from around the world. Not much information though.

[46] **Uphof. J. C. Th.** Dictionary of Economic Plants. Weinheim 1959

An excellent and very comprehensive guide but it only gives very short descriptions of the uses without any details of how to utilize the plants. Not for the casual reader.

[61] **Usher. G.** A Dictionary of Plants Used by Man. Constable 1974 ISBN 0094579202

Forget the sexist title, this is one of the best books on the subject. Lists a very extensive range of useful plants from around the world with very brief details of the uses. Not for the casual reader.

[165] **Mills. S. Y.** The Dictionary of Modern Herbalism. 0

An excellent small herbal.

[168] **Grae. I.** Nature's Colors - Dyes from Plants. MacMillan Publishing Co. New York. 1974 ISBN 0-02-544950-8

A very good and readable book on dyeing.

[172] **Schofield. J. J.** Discovering Wild Plants - Alaska, W. Canada and the Northwest. 0

A nice guide to some useful plants in that area.

[183] **Facciola. S.** Cornucopia - A Source Book of Edible Plants. Kampong Publications 1990 ISBN 0-9628087-0-9

Excellent. Contains a very wide range of conventional and unconventional food plants (including tropical) and where they can be obtained (mainly N. American nurseries but also research institutes and a lot of other nurseries from around the world.

[189] **Bell. L. A.** Plant Fibres for Papermaking. Liliaceae Press 1988

A good practical section on how to make paper on a small scale plus details of about 75 species (quite a few of them tropical) that can be used.

[200] **Huxley. A.** The New RHS Dictionary of Gardening. 1992. MacMillan Press 1992 ISBN 0-333-47494-5

Excellent and very comprehensive, though it contains a number of silly mistakes. Readable yet also very detailed.

[222] **Foster. S. & Duke. J. A.** A Field Guide to Medicinal Plants. Eastern and Central N. America. Houghton Mifflin Co. 1990 ISBN 0395467225

A concise book dealing with almost 500 species. A line drawing of each plant is included plus colour photographs of about 100 species. Very good as a field guide, it only gives brief details about the plants medicinal properties.

[238] **Bown. D.** Encyclopaedia of Herbs and their Uses. Dorling Kindersley, London. 1995 ISBN 0-7513-020-31

A very well presented and informative book on herbs from around the globe. Plenty in it for both the casual reader and the serious student. Just one main quibble is the silly way of having two separate entries for each plant.

[244] **Phillips. R. & Foy. N.** Herbs Pan Books Ltd. London. 1990 ISBN 0-330-30725-8

Deals with all types of herbs including medicinal, culinary, scented and dye plants. Excellent photographs with quite good information on each plant.

[254] **Chevallier. A.** The Encyclopedia of Medicinal Plants Dorling Kindersley. London 1996 ISBN 9-780751-303148

An excellent guide to over 500 of the more well known medicinal herbs from around the world.

[257] **Moerman. D.** Native American Ethnobotany Timber Press. Oregon. 1998 ISBN 0-88192-453-9

Very comprehensive but terse guide to the native uses of plants. Excellent bibliography, fully referenced to each plant, giving a pathway to further information. Not for the casual reader.

## Readers Comments

### Rubus idaeus

**Sarah Jumel** Fri Feb 2 2007

People wanting to grow this in warmer climates can try Caroline, Dinkum, and Autumn Bliss. All fruited (in containers) for me in New Orleans.

## Rubus idaeus

Boris Wed Jun 20 2007

You can eat the young leaves - raw or cooked -, too.

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# Blackberries

Don't be put off by the word *Blackberry*! These are the polite, garden versions of the invasive, nasty (but tasty) wild native blackberry. Our Blackberry plants have been growing like mad and they all have juicy, large fruit maturing on their branches.



We have a wide variety ranging from the classic 'Marionberry', 'Tayberry', an intensely flavored berry with a heady, syrupy quality that will knock your socks off, and 'Boysenberry', an all-time classic. [Click here to see our complete list of varieties.](#)

The following information is taken from a non-profit organization called Plants For A Future at [www.pfaf.org](http://www.pfaf.org).

*Rubus fruticosus* - L.

## Blackberry

Author	L.	Botanical references	17
Family	<a href="#">Rosaceae</a>	Genus	<a href="#">Rubus</a>
Synonyms			

Known Hazards	None known		
Range	Europe, including Britain, to the Mediterranean and Macaronesia.		
Habitat	A very common and adaptable plant, found in hedgerows, woodland, meadows, waste ground etc[17, 244].		
Edibility Rating	 5 (1-5)	Medicinal Rating	 3 (1-5)

## Physical Characteristics

It is hardy to zone 6 and is not frost tender. It is in leaf from March to November, in flower from May to September, and the seeds ripen from July to October. The flowers are hermaphrodite (have both male and female organs) and are pollinated by Insects, Apomictic (reproduce by seeds formed without sexual fusion). The plant is self-fertile. It is noted for attracting wildlife.

The plant prefers light (sandy), medium (loamy) and heavy (clay) soils, requires well-drained soil and can grow in nutritionally poor soil. The plant prefers acid, neutral and basic (alkaline) soils and can grow in very acid and very alkaline soils. It can grow in full shade (deep woodland) semi-shade (light woodland) or no shade. It requires moist soil and can tolerate drought. The plant can tolerate strong winds but not maritime exposure.

## Habitats

Woodland Garden; Sunny Edge; Dappled Shade; Shady Edge; Deep Shade; Hedgerow;

Cultivars: (as above except)

'Thornless'

## Edible Uses

Edible Parts: [Fruit](#); [Leaves](#); [Root](#).

Edible Uses: [Tea](#).

Fruit - raw or cooked[5, 7, 9, 12, 183]. The best forms have delicious fruits and, with a range of types, it is possible to obtain ripe fruits from late July to November[K]. The fruit is also made into syrups, jams and other preserves[238]. Some people find that if they eat the fruit before it is very ripe and quite soft then it can give them stomach upsets[K]. Root - cooked. The

Root should be neither too young nor too old and requires a lot of boiling[7]. A tea is made from the dried leaves[21] the young leaves are best[61]. The leaves are often used in herbal tea blends[238]. Young shoots - raw. They are harvested as they emerge through the ground in the spring, peeled and then eaten in salads[244].

## Medicinal Uses

[Astringent](#); [Depurative](#); [Diuretic](#); [Tonic](#); [Vulnerary](#).

The root-bark and the leaves are strongly astringent, depurative, diuretic, tonic and vulnerary[4, 7, 9, 165, 254]. They make an excellent remedy for dysentery, diarrhoea, haemorrhoids, cystitis etc, the root is the more astringent[4, 238]. Externally, they are used as a gargle to treat sore throats, mouth ulcers and gum inflammations[238, 254]. A decoction of the leaves is useful as a gargle in treating thrush and also makes a good general mouthwash[7].

## Other Uses

[Dye](#); [Fibre](#); [Pioneer](#).

A purple to dull blue dye is obtained from the fruit[168]. A fibre is obtained from the stem and used to make twine[66]. Plants are spread by seed deposited in the droppings of birds and mammals. They often spring up in burnt-over, logged or abandoned land and make an excellent pioneer species, creating the right conditions for woodland trees to move in. The trees will often grow in the middle of a clump of blackberries, the prickly stems protecting them from rabbits[K].

## Cultivation details

Easily grown in a good well-drained loamy soil[1, 11, 200]. Succeeds in acid and calcareous soils[186]. Tolerates poor soils [202]. Established plants are drought resistant[132]. Succeeds in sun or semi-shade[1, 11, 200], though it fruits less well in the shade[202]. Plants will also fruit when grown in fairly deep shade or against a north facing wall, though the fruit will ripen later[219]. Plants tolerate quite severe exposure[186]. Hardy to at least -18°C[202]. *R. fruticosus* is an aggregate species made up of several hundred slightly differing species. The reason for this is that most seed is produced by a non-sexual method (Apomixis) and is therefore genetically identical to the parent plant. On occasions when sexual production of seed



takes place the offspring will all be slightly different from the parent plant and will then usually reproduce as a new species by means of apomixy. Modern treatment of this aggregate usually does not use the name *R. fruticosus* because of the confusion over which species it should apply to, the type species of the aggregate should be called *R. ulmifolius*[150].

The following members of the aggregate have been highly recommended for their fruit[150]. *R. badius*. *R. cyclophorus*. *R. gratus*. *R. nemoralis*. *R. oxyanchus*. *R. pyramidalis*. *R. separinus*. *R. winteri*. The following members are said to be nearly as good. *R. balfourianus*. *R. broensis*. *R. carpinifolius*. *R. foliosus*. *R. fuscoviridis*. *R. infestus*. *R. insericatus newbouldianus*.

*R. koehleri*. *R. largificus*. *R. londinensis*. *R. ludensis*. *R. macrophyllus*. *R. obscurus*. *R. pseudo-bifrons*. *R. rhombifolius*.

*R. riddelsdellii*. *R. scaber*. *R. thyrsoflorus*. *R. vallisparvus*. *R. vestitus*. Plants form dense thickets and this makes excellent cover for birds[186]. They regenerate freely after being cut back[186]. This species is also a good plant for bees and butterflies[24].

This species has biennial stems, it produces a number of new stems each year from the perennial rootstock, these stems fruit in their second year and then die[200]. Plants in this genus are notably susceptible to honey fungus[200].

## Propagation

Seed - requires stratification and is best sown in early autumn in a cold frame. Stored seed requires one month stratification at about 3°C and is best sown as early as possible in the year. Prick out the seedlings when they are large enough to handle and grow on in a cold frame. Plant them out into their permanent positions in late spring of the following year. Cuttings of half-ripe wood, July/August in a frame[200]. Tip layering in July. Plant out in autumn. Division in early spring or just before leaf-fall in the autumn[200].

## Cultivars

'Ashton Cross' A vigorous and heavy cropping cultivar with thin, thorny canes[253]. The small to medium-size fruits have the true wild blackberry flavour and are produced in mid to late season[253]. 'Bedford Giant' An early fruiting cultivar with long, thorny canes[253]. The large soft fruits have a good flavour and are produced in early to mid season - from late July in southern Britain[253]. 'Black Satin' The canes are sturdy, thornless and easy to train[253]. The fruits are large and glossy with a fair flavour[253]. 'Fantasia' A very vigorous form with large but widely spaced thorns. It produces a heavy crop from August to the end of September[253]. The canes need to be allowed to grow 4.5 metres long for training[253]. The large firm fruits have a good flavour[253]. 'Loch Ness' A thornless cultivar with stout moderately vigorous canes[253]. Easy to train, plants

can be grown closer than many cultivars, about 2.4 metres apart[253]. The large fruits have a fair flavour, they are produced in mid to late season[253]. 'Sylvan' A moderately vigorous cultivar with thorny canes that are fairly easy to train[253]. The canes need to be allowed to grow at least 3.6 metres long[253]. One of the earliest fruiting blackberries, ripening from July. It produces heavy crops of large, dark-purple fruits with a good flavour[253]. 'Waldo' This thornless cultivar has weak to moderate cane growth[253]. The fruit is large with a good flavour[253].

## Links

This plant is also mentioned in the following PFAF articles: [Pioneer Species - Re-establishing Woodland](#).

## References

### [K] Ken Fern

Notes from observations, tasting etc at Plants For A Future and on field trips.

[1] **F. Chittendon**. RHS Dictionary of Plants plus Supplement. 1956 Oxford University Press 1951

Comprehensive listing of species and how to grow them. Somewhat outdated, it has been replaced in 1992 by a new dictionary (see [200]).

[4] **Grieve**. A Modern Herbal. Penguin 1984 ISBN 0-14-046-440-9

Not so modern (1930's?) but lots of information, mainly temperate plants.

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[11] **Bean. W**. Trees and Shrubs Hardy in Great Britain. Vol 1 - 4 and Supplement. Murray 1981

A classic with a wealth of information on the plants, but poor on pictures.

A handy pocket guide.

[17] **Clapham, Tootin and Warburg.** Flora of the British Isles. Cambridge University Press 1962

A very comprehensive flora, the standard reference book but it has no pictures.

[21] **Lust. J.** The Herb Book. Bantam books 1983 ISBN 0-553-23827-2

Lots of information tightly crammed into a fairly small book.

[24] **Baines. C.** Making a Wildlife Garden. 0

Fairly good with lots of ideas about creating wildlife areas in the garden.

[61] **Usher. G.** A Dictionary of Plants Used by Man. Constable 1974 ISBN 0094579202

Forget the sexist title, this is one of the best books on the subject. Lists a very extensive range of useful plants from around the world with very brief details of the uses. Not for the casual reader.

[66] **Freethy. R.** From Agar to Zenery. The Crowood Press 1985 ISBN 0-946284-51-2

Very readable, giving details on plant uses based on the authors own experiences.

[132] **Bianchini. F., Corbetta. F. and Pistoia. M.** Fruits of the Earth. 0

Lovely pictures, a very readable book.

[150] **Watson. W. C. R.** Handbook of the Rubi of Great Britain and Ireland. 0

There are hundreds of slightly differing species of the common blackberry growing in Britain. This is a book for the dedicated.

[165] **Mills. S. Y.** The Dictionary of Modern Herbalism. 0

An excellent small herbal.

[168] **Grae. I.** Nature's Colors - Dyes from Plants. MacMillan Publishing Co. New York. 1974 ISBN 0-02-544950-8

A very good and readable book on dyeing.

[183] **Facciola. S.** Cornucopia - A Source Book of Edible Plants. Kampong Publications 1990 ISBN 0-9628087-0-9

Excellent. Contains a very wide range of conventional and unconventional food plants (including tropical) and where they can be obtained (mainly N. American nurseries but also research institutes and a lot of other nurseries from around the world.

[186] **Beckett. G. and K.** Planting Native Trees and Shrubs. Jarrold 1979

An excellent guide to native British trees and shrubs with lots of details about the plants.

[200] **Huxley. A.** The New RHS Dictionary of Gardening. 1992. MacMillan Press 1992 ISBN 0-333-47494-5

Excellent and very comprehensive, though it contains a number of silly mistakes. Readable yet also very detailed.

[202] **Davis. B.** Climbers and Wall Shrubs. Viking. 1990 ISBN 0-670-82929-3

Contains information on 2,000 species and cultivars, giving details of cultivation requirements. The text is terse but informative.

[219] **Grey-Wilson. C. & Matthews. V.** Gardening on Walls Collins 1983 ISBN 0-00-219220-0

A nice little book about plants for growing against walls and a small section on plants that can grow in walls.

[238] **Bown. D.** Encyclopaedia of Herbs and their Uses. Dorling Kindersley, London. 1995 ISBN 0-7513-020-31

A very well presented and informative book on herbs from around the globe. Plenty in it for both the casual reader and the serious student. Just one main quibble is the silly way of having two separate entries for each plant.

[244] **Phillips. R. & Foy. N.** Herbs Pan Books Ltd. London. 1990 ISBN 0-330-30725-8

Deals with all types of herbs including medicinal, culinary, scented and dye plants. Excellent photographs with quite good information on each plant.

[253] **Hodgson I. (Editor)** The Garden Volume 123 Royal Horticultural Society 1998 ISBN 0308-5457

Articles on Fuchsia species, cultivars of Blackberries.

[254] **Chevallier. A.** The Encyclopedia of Medicinal Plants Dorling Kindersley. London 1996 ISBN 9-780751-303148

An excellent guide to over 500 of the more well known medicinal herbs from around the world.

## Readers Comments

### Rubus fruticosus

Tue Jun 13 2006

This plant has grown out of control in the undergrowth of our garden and now that we have cut back our shrubs we have found it difficult to control the growth of these thorny canes. They are sprouting up everywhere and we have small children in the garden and are worried. Would a week killer kill these prickly canes off.

### Rubus fruticosus

**The Jolly Roger** Sun May 6 2007

You have no need to worry about your children, these are blackberry vines, not gestapos. Also I would think that if that didn't kill them, it would at least kill week.

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## Goji (Wolfberry)

Our Gojis are producing flowers and fruit and have shot up several feet of new growth this summer. If you are not familiar with the health benefits of Goji berries, read on. [Click here for info on our variety.](#)

Also known as Wolfberry, this Chinese native is an attractive, small shrub with a vining habit to about 6 ft. Light purple, flowers bloom in May and continue throughout the summer into autumn. Flowers are followed by red-orange berries that are very sweet and flavorful. In China, the fruit is eaten fresh and dried like raisins. It is also a valuable medicinal plant. The berries are very high in anti-oxidants, have more carotene than carrots, and contain all of the amino acids that the human body needs and many minerals as well.

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## Grapes

Our Grapes are on their 3rd season and are producing fruit like crazy. Grapes are unbelievably easy to grow, beautiful, tasty, and healthful. All you need is a very sturdy structure for the vines, a good amount of sun, and a willingness to occasionally tame them back with your pruners. We have four varieties this





year ranging from purple to amber in color and they are all great for fresh eating. One variety, 'Niagara' is also especially good for wine making. [Click here to see our complete list of varieties.](#)



The following information is taken from a non-profit organization called Plants For A Future at [www.pfaf.org](http://www.pfaf.org).

## *Vitis vinifera* - L.

### Grape

Author	L.	Botanical references	11, 17, 200
Family	<a href="#">Vitaceae</a>	Genus	<a href="#">Vitis</a>
Synonyms			
Known Hazards	None known		
Range	E. Europe. Naturalized in Britain[17].		
Habitat	Riversides and damp woods[200]. Grows on the banks of the Thames at Kew in Britain[17].		
Edibility Rating	 5 (1-5)	Medicinal Rating	 2 (1-5)

### Physical Characteristics

It is hardy to zone 6 and is frost tender. It is in flower from May to July, and the seeds ripen from September to October. The flowers are hermaphrodite (have both male and female organs) and are pollinated by Insects. The plant prefers light (sandy), medium (loamy) and heavy (clay) soils and requires well-drained soil. The plant prefers acid, neutral and basic (alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It requires dry or moist soil.

### Habitats

Woodland Garden; Sunny Edge; Dappled Shade; South Wall By; West Wall By;

Cultivars: (as above except)

'Fiesta'

### Edible Uses

Edible Parts: [Flowers](#); [Fruit](#); [Leaves](#).

Edible Uses: [Oil](#).

Fruit - raw or dried for winter use[1, 2, 11, 46]. The dried fruits are the raisins, sultanas and currants of commerce, different varieties producing the different types of dried fruit. A fully ripened fresh fruit is sweet, juicy and delicious[K]. The fruit juice can be concentrated and used as a sweetener[183]. This fruit is widely used in making wine[183]. Leaves - cooked [55]. Young leaves are wrapped around other foods and then baked, they impart a pleasant flavour[183]. Young tendrils - raw or cooked[85]. The flower clusters are used as a vegetable[183]. An edible oil similar to sunflower oil is obtained from the seed [7, 183]. It needs to be refined before it can be eaten[46]. A polyunsaturated oil, it is suitable for mayonnaise and cooking, especially frying[238]. Sap - raw. Used as a drink, it has a sweet taste. The sap can be harvested in spring and early summer, though it should not be taken in quantity or it will weaken the plant. The roasted seed is a coffee substitute [7]. Cream of tartar, also known as potassium bitartrate, a crystalline salt, is extracted from the residue of pressed grapes, and from the sediment of wine barrels. It is used in making baking powder[238].

## Medicinal Uses

[Analgesic](#); [Antiinflammatory](#); [Astringent](#); [Bach](#); [Demulcent](#); [Diuretic](#); [Hepatic](#); [Laxative](#); [Lithontripic](#); [Skin](#); [Stomachic](#).

Grapes are a nourishing and slightly laxative fruit that can support the body through illness, especially of the gastro-intestinal tract and liver[254]. Because the nutrient content of grapes is close to that of blood plasma, grape fasts are recommended for detoxification[254]. Analgesic[178]. The fresh fruit is antilithic, constructive, cooling, diuretic and strengthening[4, 218]. A period of time on a diet based entirely on the fruit is especially recommended in the treatment of torpid liver or sluggish biliary function[7]. The fruit is also helpful in the treatment of varicose veins, haemorrhoids and capillary fragility[254]. The dried fruit is demulcent, cooling, mildly expectorant, laxative and stomachic[218]. It has a slight effect in easing coughs[254]. The leaves, especially red leaves, are anti-inflammatory and astringent[4, 7, 218, 254]. A decoction is used in the treatment of threatened abortion, internal and external bleeding, cholera, dropsy, diarrhoea and nausea[4, 218, 254]. It is also used as a wash for mouth ulcers and as douche for treating vaginal discharge[254]. Red grape leaves are also helpful in the treatment of varicose veins, haemorrhoids and capillary fragility[254]. The leaves are harvested in early summer and used fresh or dried[238]. The seed is anti-inflammatory and astringent[4, 7, 218]. The sap of young branches is diuretic[7]. It is used as a remedy for skin diseases[218, 240] and is also an excellent lotion for the eyes[4, 7, 254]. The tendrils are astringent and

a decoction is used in the treatment of diarrhoea[7]. The plant is used in Bach flower remedies - the keywords for prescribing it are 'Dominating', 'Inflexible' and 'Ambitious'[209].

## Other Uses

[Dye; Miscellany.](#)

A yellow dye is obtained from the fresh or dried leaves[168]. An oil from the seed is used for lighting and as an ingredient in soaps, paints etc[46, 61]. Cream of tartar, extracted from the residue of pressed grapes, is used in making fluxes for soldering[238]. Especially when growing in hotter countries than Britain, the stems of very old vines attain a good size and have been used to supply a very durable timber[4].

## Scented Plants

Flowers: Fresh The flowers are intensely fragrant[245].

## Cultivation details

Prefers a deep rich moist well-drained moderately fertile loam[1, 200]. Grows best in a calcareous soil, but dislikes excessively chalky soils[200]. Prefers a pH in the range 6.5 to 7[200] but tolerates a range from 4.3 to 8.6. Succeeds in sun or partial shade though a warm sunny sheltered position is required for the fruit to ripen[200]. Very commonly grown in the temperate zones of the world for its edible fruit, there are many named varieties, some of which have been developed for their use as a dried fruit, others for dessert use and others for wine[132, 183]. Good and regular crops are a bit problematical in Britain, grapes are on the northern most limits of their range in this country and the British summer often does not provide enough heat to properly ripen the fruit. Late frosts can also damage young growth in spring, though dormant shoots are very hardy, tolerating temperatures down to about -20°C[11]. Nonetheless, there are a number of commercial vineyards in Britain (usually producing wine grapes) and, given a suitably sunny and sheltered position, good dessert grapes can also be grown. In general it is best to grow the dessert varieties against the shelter of a south or west facing wall[219]. There are a number of varieties that have been bred to cope with cooler summers. Grapes are very susceptible to attacks by phylloxera,

this disease is especially prevalent in some areas of Europe and it almost destroyed the grape industry. However, American species of grapes that are resistant to phylloxera are now used as rootstocks and this allows grapes to be grown in areas where the disease is common. Britain is free of the disease at the present (1989) and grapes are usually grown on their own roots. Plants in this genus are notably susceptible to honey fungus[200]. The flowers are intensely fragrant[245]. Grapes grow well in the company of hyssop, chives, basil and charlock[201]. They grow badly with radishes, both the grapes and the radishes developing an off taste[201]. Plants climb by means of tendrils[182]. Any pruning should be carried out in winter when the plants are dormant otherwise they bleed profusely[182]. The cultivated grape is thought to have been derived from *V. vinifera sylvestris*. (Gmel.)Hegi. This form has dioecious flowers and produces small black grapes.

## Propagation

Seed - best sown in a cold frame as soon as it is ripe[K]. Six weeks cold stratification improves the germination rate, and so stored seed is best sown in a cold frame as soon as it is obtained. Germination should take place in the first spring, but sometimes takes another 12 months. Prick out the seedlings into individual pots when they are large enough to handle and grow them on in a cold frame for their first winter. Plant out in early summer. Cuttings of mature wood of the current seasons growth, December/January in a frame. These cuttings can be of wood 15 - 30cm long or they can be of short sections of the stem about 5cm long with just one bud at the top of the section. In this case a thin, narrow strip of the bark about 3cm long is removed from the bottom half of the side of the stem. This will encourage callusing and the formation of roots. Due to the size of these cuttings they need to be kept in a more protected environment than the longer cuttings. Layering.

## Cultivars

'Fiesta' A medium size oval fruit with a greenish white skin[183]. The flesh is firm, juicy, sweet and seedless, the quality is very good for dessert use or for raisins[183]. The fruits are produced in large clusters, they ripen early to mid season[183]. A vigorous, productive vine, it appears to be less prone to bunch rot than many other cultivars and succeeds when grown in the rainy areas of the Pacific Northwest of N. America [183]. 'Isabella' A cultivar of the common grape, it is growing very well in Gloucestershire in shallow soil over a large pile of builders rubble. It holds its fruits until December at which time they are sweet and delicious[K]. It is quite probable that this cultivar is part of *V. labrusca*[K].



## Links

This plant is also mentioned in the following PFAF articles: [Vegetable Oils](#), [Woodland Garden Plants](#), [Conservatory Plants](#).

## References

### [K] **Ken Fern**

Notes from observations, tasting etc at Plants For A Future and on field trips.

### [1] **F. Chittendon.** RHS Dictionary of Plants plus Supplement. 1956 Oxford University Press 1951

Comprehensive listing of species and how to grow them. Somewhat outdated, it has been replaced in 1992 by a new dictionary (see [200]).

### [2] **Hedrick. U. P.** Sturtevant's Edible Plants of the World. Dover Publications 1972 ISBN 0-486-20459-6

Lots of entries, quite a lot of information in most entries and references.

### [4] **Grieve.** A Modern Herbal. Penguin 1984 ISBN 0-14-046-440-9

Not so modern (1930's?) but lots of information, mainly temperate plants.

### [7] **Chiej. R.** Encyclopaedia of Medicinal Plants. MacDonald 1984 ISBN 0-356-10541-5

Covers plants growing in Europe. Also gives other interesting information on the plants. Good photographs.

### [11] **Bean. W.** Trees and Shrubs Hardy in Great Britain. Vol 1 - 4 and Supplement. Murray 1981

A classic with a wealth of information on the plants, but poor on pictures.

### [17] **Clapham, Tootin and Warburg.** Flora of the British Isles. Cambridge University Press 1962

A very comprehensive flora, the standard reference book but it has no pictures.

### [46] **Uphof. J. C. Th.** Dictionary of Economic Plants. Weinheim 1959

An excellent and very comprehensive guide but it only gives very short descriptions of the uses without any details of how to utilize the plants. Not for the casual reader.

### [55] **Harris. B. C.** Eat the Weeds. Pivot Health 1973

Interesting reading.

### [61] **Usher. G.** A Dictionary of Plants Used by Man. Constable 1974 ISBN 0094579202

Forget the sexist title, this is one of the best books on the subject. Lists a very extensive range of useful plants from around the world with very brief details of the uses. Not for the casual reader.

[85] **Harrington. H. D.** Edible Native Plants of the Rocky Mountains. University of New Mexico Press 1967 ISBN 0-8623-0343-9

A superb book. Very readable, it gives the results of the authors experiments with native edible plants.

[132] **Bianchini. F., Corbetta. F. and Pistoia. M.** Fruits of the Earth. 0

Lovely pictures, a very readable book.

[168] **Grae. I.** Nature's Colors - Dyes from Plants. MacMillan Publishing Co. New York. 1974 ISBN 0-02-544950-8

A very good and readable book on dyeing.

[178] **Stuart. Rev. G. A.** Chinese Materia Medica. Taipei. Southern Materials Centre 0

A translation of an ancient Chinese herbal. Fascinating.

[182] **Thomas. G. S.** Ornamental Shrubs, Climbers and Bamboos. Murray 1992 ISBN 0-7195-5043-2

Contains a wide range of plants with a brief description, mainly of their ornamental value but also usually of cultivation details and varieties.

[183] **Facciola. S.** Cornucopia - A Source Book of Edible Plants. Kampong Publications 1990 ISBN 0-9628087-0-9

Excellent. Contains a very wide range of conventional and unconventional food plants (including tropical) and where they can be obtained (mainly N. American nurseries but also research institutes and a lot of other nurseries from around the world.

[200] **Huxley. A.** The New RHS Dictionary of Gardening. 1992. MacMillan Press 1992 ISBN 0-333-47494-5

Excellent and very comprehensive, though it contains a number of silly mistakes. Readable yet also very detailed.

[201] **Allardice.P.** A - Z of Companion Planting. Cassell Publishers Ltd. 1993 ISBN 0-304-34324-2

A well produced and very readable book.

[209] **Chancellor. P. M.** Handbook of the Bach Flower Remedies C. W. Daniel Co. Ltd. 1985 ISBN 85207 002 0

Details the 38 remedies plus how and where to prescribe them.

[218] **Duke. J. A. and Ayensu. E. S.** Medicinal Plants of China Reference Publications, Inc. 1985 ISBN 0-917256-20-4

Details of over 1,200 medicinal plants of China and brief details of their uses. Often includes an analysis, or at least a list of constituents. Heavy going if you are not into the subject.

[219] **Grey-Wilson. C. & Matthews. V.** Gardening on Walls Collins 1983 ISBN 0-00-219220-0

A nice little book about plants for growing against walls and a small section on plants that can grow in walls.

[238] **Bown. D.** Encyclopaedia of Herbs and their Uses. Dorling Kindersley, London. 1995 ISBN 0-7513-020-31

A very well presented and informative book on herbs from around the globe. Plenty in it for both the casual reader and the serious student. Just one main quibble is the silly way of having two separate entries for each plant.

[240] **Chopra. R. N., Nayar. S. L. and Chopra. I. C.** Glossary of Indian Medicinal Plants (Including the Supplement). Council of Scientific and Industrial Research, New Delhi. 1986

Very terse details of medicinal uses of plants with a wide range of references and details of research into the plants chemistry. Not for the casual reader.

[245] **Genders. R.** Scented Flora of the World. Robert Hale. London. 1994 ISBN 0-7090-5440-8

An excellent, comprehensive book on scented plants giving a few other plant uses and brief cultivation details. There are no illustrations.

[254] **Chevallier. A.** The Encyclopedia of Medicinal Plants Dorling Kindersley. London 1996 ISBN 9-780751-303148

An excellent guide to over 500 of the more well known medicinal herbs from around the world.

## Readers Comments

### Vitis vinifera

**vishal more** Fri Feb 10 2006

photograph of the plant is most essential

### Vitis vinifera

**eczkokaturk@mynet.com** Sun Apr 30 2006

Thanks.could you please send me more information about grape seed oil's medicinal uses sincerely...

### Vitis vinifera

**Ros Reeder** Tue Jan 2 2007

I am looking for a product to help circulation for my lymphodema. The product I was using has now been discontinued. This is its composition: Vitis Vinifera 24g, Ribes Nigra 10g, Vitis Vinifera without juice 350mg. This was in a pill form. Can anyone help me please?

\*\*\*\*\*

## Olives

Our Olive trees are smothered in blooms turning to olives as you read this. Olive trees are very slow growing and somewhat gangly and weird looking when young (but who wasn't at some point), but they produce lots of tasty black olives nonetheless. Give them lots of sun and perhaps a stake to suggest the right way up and let them go! [Click here to see our complete list of varieties.](#)



*The photo below shows old flowers just starting to become fruit!*



The following information is taken from a non-profit organization called Plants For A Future at [www.pfaf.org](http://www.pfaf.org).

*Olea europaea* - L.

## Olive

Author	L.	Botanical references	11, 50, 200
Family	<a href="#">Oleaceae</a>	Genus	<a href="#">Olea</a>
Synonyms			
Known Hazards	None known		
Range	S. Europe - Mediterranean.		
Habitat	Woods and scrub in dry rocky places[50].		
Edibility Rating	 4 (1-5)	Medicinal Rating	 3 (1-5)

## Physical Characteristics

It is hardy to zone 8. It is in leaf all year, in flower from August to September. The flowers are hermaphrodite (have both male and female organs) and are pollinated by Wind. The plant is self-fertile.

The plant prefers light (sandy), medium (loamy) and heavy (clay) soils, requires well-drained soil and can grow in nutritionally poor soil. The plant prefers acid, neutral and basic (alkaline) soils. It cannot grow in the shade. It requires dry or moist soil and can tolerate drought.

## Habitats

Woodland Garden; Sunny Edge; South Wall By; West Wall By;

Cultivars: (as above except)

'El Greco' Secondary; Dappled Shade;

'Mission' Secondary; Dappled Shade;

## Edible Uses

Edible Parts: [Fruit](#); [Leaves](#); [Manna](#).

Edible Uses: [Condiment](#); [Oil](#).

Olive fruits are widely used, especially in the Mediterranean, as a relish and flavouring for foods. The fruit is usually pickled



or cured with water, brine, oil, salt or lye[2, 3, 4, 89, 183]. They can also be dried in the sun and eaten without curing when they are called 'fachouilles'[183]. The cured fruits are eaten as a relish, stuffed with pimentos or almonds, or used in breads, soups, salads etc[183]. 'Olives schiacciate' are olives picked green, crushed, cured in oil and used as a salad[183]. The fruit contains 20 - 50µ vitamin D per 100g[74]. The fruit is up to 4cm long[200]. The seed is rich in an edible non-drying oil, this is used in salads and cooking and, because of its distinct flavour, is considered a condiment[4, 46, 57, 89, 171, 183]. There are various grades of the oil, the finest (known as 'Extra Virgin') is produced by cold pressing the seeds without using heat or chemical solvents[238]. The seed of unpalatable varieties is normally used and this oil has the lowest percentage of acidity and therefore the best flavour[238]. Other grades of the oil come from seeds that are heated (which enables more oil to be expressed but has a deleterious effect on the quality) or from using chemical solvents on seed that has already been pressed for higher grades of oil. Olive oil is mono-unsaturated and regular consumption is thought to reduce the risk of circulatory diseases[238]. The seed contains albumen, it is the only seed known to do this[7]. Leaves[2]. No more details are given. An edible manna is obtained from the tree[183].

## Medicinal Uses

[Antipruritic](#); [Antiseptic](#); [Astringent](#); [Bach](#); [Cholagogue](#); [Demulcent](#); [Emollient](#); [Febrifuge](#); [Hypoglycaemic](#); [Laxative](#); [Sedative](#).

The oil from the pericarp is cholagogue, a nourishing demulcent, emollient and laxative[4, 21, 240]. Eating the oil reduces gastric secretions and is therefore of benefit to patients suffering from hyperacidity[238]. The oil is also used internally as a laxative and to treat peptic ulcers[4, 238]. It is used externally to treat pruritis, the effects of stings or burns and as a vehicle for liniments[4, 21]. Used with alcohol it is a good hair tonic and used with oil of rosemary it is a good treatment for dandruff [4, 21]. The oil is also commonly used as a base for liniments and ointments[21]. The leaves are antiseptic, astringent, febrifuge and sedative[4, 21]. A decoction is used in treating obstinate fevers, they also have a tranquillising effect on nervous tension and hypertension[4, 238]. Experimentally, they have been shown to decrease blood sugar levels by 17 - 23%[240]. Externally, they are applied to abrasions[238]. The bark is astringent, bitter and febrifuge[4, 240]. It is said to be a substitute for quinine in the treatment of malaria[240]. In warm countries the bark exudes a gum-like substance that has been used as a vulnerary[4]. The plant is used in Bach flower remedies - the keywords for prescribing it are 'Complete

exhaustion' and 'Mental fatigue'[209].

## Other Uses

[Dye](#); [Hair](#); [Oil](#); [Soil stabilization](#); [Wood](#).

The non-drying oil obtained from the seed is also used for soap making, lighting and as a lubricant[21, 46, 89]. The oil is a good hair tonic and dandruff treatment[21]. Maroon and purple dyes are obtained from the whole fresh ripe fruits[168]. Blue and black dyes are obtained from the skins of fresh ripe fruits[168]. A yellow/green dye is obtained from the leaves[168]. Plants are used to stabilize dry dusty hillsides[200]. Wood - very hard, heavy, beautifully grained, takes a fine polish and is slightly fragrant. It is used in turnery and cabinet making, being much valued by woodworkers[4, 7, 46, 100].

## Cultivation details

Easily grown in a loamy soil[1] and tolerating infertile soils[200], it prefers a well-drained deep fertile soil[200]. A drought resistant plant once established, it succeeds in dry soils[200]. Requires a sunny position[3]. Tolerates salty air[59]. Plants are slow-growing and very long-lived[188]. The olive is very commonly cultivated in Mediterranean climates for its edible seed, there are many named varieties[132, 183]. Trees can produce a crop when they are 6 years old and continue producing a commercial yield for the next 50 years[200] - many trees continue to give good yields for hundreds of years, even when their trunk is hollow[4]. They succeed outdoors in the milder areas of Britain[11], though plants rarely produce fruit when grown in this country[4, 182, 200], preferring warm temperate regions with mild moist winters and hot dry summers[200]. Some reports say that trees often fruit in south-western England[11, 59]. Generally, older trees are hardy to about -10°C[3, 200]. They require the protection of a south facing wall when grown in the London area[11]. At least some cultivars are self-fertile [200]. Some cultivars have been selected mainly for their fruits whilst others have been selected for their oil[200]. 'Mission' is grown for its edible fruits. It is vigorous, prolific and very cold resistant[200]. 'Moraiole' is grown for its oil, it is very hardy and strong-growing[200]. Flower production depends on a 12 - 15 week period of diurnally fluctuating temperatures with at least 2 months averaging below 10°C[200]. Pruning can encourage non-fruiting water-shoots[200]. Weighing down or arching the branches can encourage fruiting[200]. The plants fruit best on wood that is one year old so any pruning should take this

into account[238]. An olive branch is a traditional symbol of peace[148], laurel leaves were used by the ancient Greeks to crown winners of the Olympic games[4]. Plants have male flowers and bisexual flowers[200].

## Propagation

Seed - sow late winter in a shady position in a greenhouse[78]. Home produced seed should be given a period of cold stratification first[78]. Where possible, it is best to sow the seed as soon as it is ripe in a greenhouse in the autumn. Prick out the seedlings into individual pots when they are large enough to handle and grow them on in the greenhouse for at least their first winter, perhaps for their first 2 - 3 winters. Plant them out into their permanent positions in early summer and give them some protection from winter cold for at least their first winter outdoors[K]. Cuttings of half-ripe wood, 5 - 10cm with a heel, July/August in a frame. Good percentage[78].

## Cultivars

'El Greco' This is the cultivar most commonly available in Britain[K]. It has been selected for its heavy and reliable cropping and good oil content. One of the earliest bearing olives, it produces good-size small stoned fruits[183]. 'Mission' The medium-size oval fruit is freestone, it has a firm but very bitter flesh and ripens rather late[183]. It is good for pickling and for oil[183]. It is of average oil content and is widely grown for producing cold-pressed olive oil[183]. A vigorous, prolific and very cold resistant cultivar[200], tolerating lower temperatures than most other cultivars[183]. 'Moraiolo' Grown mainly for the oil obtained from its fruit, this cultivar is very hardy and strong-growing[200].

## Links

## References

[K] **Ken Fern**

Notes from observations, tasting etc at Plants For A Future and on field trips.

[1] **F. Chittendon**. RHS Dictionary of Plants plus Supplement. 1956 Oxford University Press 1951

Comprehensive listing of species and how to grow them. Somewhat outdated, it has been replaced in 1992 by a new dictionary (see [200]).

[2] **Hedrick. U. P.** Sturtevant's Edible Plants of the World. Dover Publications 1972 ISBN 0-486-20459-6

Lots of entries, quite a lot of information in most entries and references.

[3] **Simmons. A. E.** Growing Unusual Fruit. David and Charles 1972 ISBN 0-7153-5531-7

A very readable book with information on about 100 species that can be grown in Britain (some in greenhouses) and details on how to grow and use them.

[4] **Grieve.** A Modern Herbal. Penguin 1984 ISBN 0-14-046-440-9

Not so modern (1930's?) but lots of information, mainly temperate plants.

[7] **Chiej. R.** Encyclopaedia of Medicinal Plants. MacDonald 1984 ISBN 0-356-10541-5

Covers plants growing in Europe. Also gives other interesting information on the plants. Good photographs.

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A classic with a wealth of information on the plants, but poor on pictures.

[21] **Lust. J.** The Herb Book. Bantam books 1983 ISBN 0-553-23827-2

Lots of information tightly crammed into a fairly small book.

[46] **Uphof. J. C. Th.** Dictionary of Economic Plants. Weinheim 1959

An excellent and very comprehensive guide but it only gives very short descriptions of the uses without any details of how to utilize the plants. Not for the casual reader.

[50] ? Flora Europaea Cambridge University Press 1964

An immense work in 6 volumes (including the index). The standard reference flora for Europe, it is very terse though and with very little extra information. Not for the casual reader.

[57] **Schery. R. W.** Plants for Man. 0

Fairly readable but not very comprehensive. Deals with plants from around the world.

[59] **Thurston.** Trees and Shrubs in Cornwall. 0

Trees and shrubs that succeed in Cornwall based on the authors own observations. Good but rather dated.

[74] **Komarov. V. L.** Flora of the USSR. Israel Program for Scientific Translation 1968

An immense (25 or more large volumes) and not yet completed translation of the Russian flora. Full of information on plant uses and habitats but heavy going for casual readers.

[78] **Sheat. W. G.** Propagation of Trees, Shrubs and Conifers. MacMillan and Co 1948

A bit dated but a good book on propagation techniques with specific details for a wide range of plants.

[89] **Polunin. O. and Huxley. A.** Flowers of the Mediterranean. Hogarth Press 1987 ISBN 0-7012-0784-1

A very readable pocket flora that is well illustrated. Gives some information on plant uses.

[100] **Polunin. O.** Flowers of Europe - A Field Guide. Oxford University Press 1969 ISBN 0192176218

An excellent and well illustrated pocket guide for those with very large pockets. Also gives some details on plant uses.

[132] **Bianchini. F., Corbetta. F. and Pistoia. M.** Fruits of the Earth. 0

Lovely pictures, a very readable book.

[148] **Niebuhr. A. D.** Herbs of Greece. Herb Society of America. 1970

A pleasant little book about Greek herbs.

[168] **Grae. I.** Nature's Colors - Dyes from Plants. MacMillan Publishing Co. New York. 1974 ISBN 0-02-544950-8

A very good and readable book on dyeing.

[171] **Hill. A. F.** Economic Botany. The Maple Press 1952

Not very comprehensive, but it is quite readable and goes into some a bit of detail about the plants it does cover.

[182] **Thomas. G. S.** Ornamental Shrubs, Climbers and Bamboos. Murray 1992 ISBN 0-7195-5043-2

Contains a wide range of plants with a brief description, mainly of their ornamental value but also usually of cultivation details and varieties.

[183] **Facciola. S.** Cornucopia - A Source Book of Edible Plants. Kampong Publications 1990 ISBN 0-9628087-0-9

Excellent. Contains a very wide range of conventional and unconventional food plants (including tropical) and where they can be obtained (mainly N. American nurseries but also research institutes and a lot of other nurseries from around the world.

[188] **Brickell. C.** The RHS Gardener's Encyclopedia of Plants and Flowers Dorling Kindersley Publishers Ltd. 1990 ISBN 0-86318-386-7

Excellent range of photographs, some cultivation details but very little information on plant uses.

[200] **Huxley. A.** The New RHS Dictionary of Gardening. 1992. MacMillan Press 1992 ISBN 0-333-47494-5

Excellent and very comprehensive, though it contains a number of silly mistakes. Readable yet also very detailed.

[209] **Chancellor. P. M.** Handbook of the Bach Flower Remedies C. W. Daniel Co. Ltd. 1985 ISBN 85207 002 0

Details the 38 remedies plus how and where to prescribe them.

[238] **Bown. D.** Encyclopaedia of Herbs and their Uses. Dorling Kindersley, London. 1995 ISBN 0-7513-020-31

A very well presented and informative book on herbs from around the globe. Plenty in it for both the casual reader and the serious student. Just one main quibble is the silly way of having two separate entries for each plant.

[240] **Chopra. R. N., Nayar. S. L. and Chopra. I. C.** Glossary of Indian Medicinal Plants (Including the Supplement). Council of Scientific and Industrial Research, New Delhi. 1986

Very terse details of medicinal uses of plants with a wide range of references and details of research into the plants chemistry.

Not for the casual reader.

## Readers Comments

### Olea europaea

**graham page** Mon Nov 27 2006

I have just planted around 30 bushes, sunny south facing and well drained topsoil ( 9inches going to sandstone. Plants 4 ft high and 4/5 yrs high. This is an experiment, given a farm situation with 15 odd available acres, any advice welcomed I am a novice! Particularly on proppagation, have green house/ tunnel facilities. Thanks Graham Page.

### Olea europaea

**Lorena** Thu Feb 22 2007

I brought some seeds, I just want the tree and if I get some seeds to taste one afternoon, that will be great. I am from Panama and have a house in an area very alike where the tree came fron in Crete. Any other suggestion?

### Olea europaea

**Denise Lee** Mon Apr 2 2007

Questioning safety of olea europaea olive fruit oil in skin care products?



## **Olea europaea**

**Richo Cech** Thu May 17 2007

I like plants for a future quite a bit, but one thing drives me crazy--in the physical characteristics field one commonly sees this kind of a comment (pasted from the entry on olive): "The plant prefers acid, neutral and basic (alkaline) soils." Well, the truth is that they do best in calcareous soils, so why this recommendation for planting in "acid, neutral and basic" soils--this kind of information is less than helpful.

## **Olea europaea**

**José Gomes** Thu Jun 14 2007

In "Physical Characteristics" it is mentioned that the olive tree flowers in August - September. In fact, in the Mediterranean countries flowers in April - May. Harvest time is November, December and January, depending on climatic conditions.

## **Olea europaea**

**Alx** Mon Oct 1 2007

Hey! I've always wondered where the FAT in the olives (and other fruits such as avocado) origins? Is there enough fat in the SOIL? and if so, who the heck put it there? Thanks in advance, if you know the answer!

## **Olea europaea**

**salvador vella** Tue Nov 13 2007

just replying to ALX regarding where the fat comes from. It does not come from the soil but from the air. Fat is basically a combination of Carbon , Oxygen, and Hydrogen. Plants manage to use the energy from sunlight to combine these three elements through photosynthesis and therefore the fat actually comes out of thin air and not from the soil. With regard to the previous comment about the irritating habit of announcing that certain plants like the olive "prefer acid, neutral and basic soils" , I agree with Richo but I guess it's just a way of saying that they can manage in all three kinds of soil so that no-one

is discouraged from planting an olive tree. However, Rich is right. The comment could easily note that olives grow in all kinds of soil but they perform best in calcareous soils. Moreover, we also know that oil from calcareous regions is much better since acidity in olive oil is counterindicated as a criterion of quality.

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## Aronia

Our **Aronias** are done blooming and are producing berries for this summer. Our plants are two to three years old depending on variety, are 2-3 feet tall, nicely branched, and loaded with blooms. [Click here for our complete list of Aronia varieties.](#) If you like Aronias, check out our variety of Mountain Ash tree called '[Ivan's Beauty](#)' that has been crossed with Aronia. It is a beautiful small sized tree with delicate foliage and produces Aronia's fruit!

*The photo below shows Aronia's berries before they are ripe. They will turn black when fully ripe.*



The following information is taken from a non-profit organization called Plants For A Future at [www.pfaf.org](http://www.pfaf.org).

### **Physical Characteristics**

It is hardy to zone 4. It is in flower from July to August, and the seeds ripen from October to December. The flowers

are hermaphrodite (have both male and female organs) and are pollinated by Insects.

The plant prefers light (sandy), medium (loamy) and heavy (clay) soils and requires well-drained soil. The plant prefers acid, neutral and basic (alkaline) soils. It can grow in semi-shade (light woodland) or no shade. It requires dry or moist soil.

## Habitats

Woodland Garden; Sunny Edge; Dappled Shade; Shady Edge;

Cultivars: (as above except)

'Nero'

## Edible Uses

Edible Parts: [Fruit](#).

Edible Uses: [Pectin](#).

Fruit - cooked. A good flavour but very astringent[183]. The fruit should be fully ripe before being eaten and is best after a frost or two[K]. It makes a good jelly when sugar is added and is also dried and used for making pemmican[183]. The fruit is rich in pectin and can be added to fruits that are low in this substance when making jams etc[183]. Pectin is also said to protect the body against radiation[201]. The fruit is about 9mm in diameter[200].

## Medicinal Uses

[Miscellany](#).

An infusion of the berries has been used in the treatment of colds[257].

## Other Uses

[Pectin](#).

The fruit is a source of pectin[183], a substance that is used to thicken jams etc and as a culture medium in laboratories.

## Cultivation details

Prefers a moist peaty soil in full sun or partial shade[200]. Succeeds in most soils but dislikes shallow chalk[200]. More tolerant

of dry soils than other members of this genus[200]. Plants are hardy to about -25°C. There is at least one cultivar developed for its improved fruit. 'Nero' has fruits twice the size of the species with a vitamin C content of 15 - 30 mg (per 100g?). The fruit is borne in clusters of about 15, it is more flavourful and the yield is about twice that of wild forms[183]. Other cultivars developed mainly for their ornamental value include 'Viking' with extra large berries and 'Aron' with numerous large berries [182]. The sub-species *A. melanocarpa elata* Rehd. and *A. melanocarpa grandifolia* (Lindl.)Schneid. are more vigorous than the type species with larger flowers and fruits[200]. This genus is closely related to *Sorbus* species[200]. Plants in this genus are notably resistant to honey fungus[200].

## References

[K] **Ken Fern**

Notes from observations, tasting etc at Plants For A Future and on field trips.

[113] **Dirr. M. A. and Heuser. M. W.** The Reference Manual of Woody Plant Propagation. Athens Ga. Varsity Press 1987  
ISBN 0942375009

A very detailed book on propagating trees. Not for the casual reader.

[134] **Rice. G. (Editor)** Growing from Seed. Volume 2. Thompson and Morgan. 1988

Very readable magazine with lots of information on propagation. An interesting article on *Ensete ventricosum*.

[182] **Thomas. G. S.** Ornamental Shrubs, Climbers and Bamboos. Murray 1992 ISBN 0-7195-5043-2

Contains a wide range of plants with a brief description, mainly of their ornamental value but also usually of cultivation details and varieties.

[183] **Facciola. S.** Cornucopia - A Source Book of Edible Plants. Kampong Publications 1990 ISBN 0-9628087-0-9

Excellent. Contains a very wide range of conventional and unconventional food plants (including tropical) and where they can be obtained (mainly N. American nurseries but also research institutes and a lot of other nurseries from around the world).

[200] **Huxley. A.** The New RHS Dictionary of Gardening. 1992. MacMillan Press 1992 ISBN 0-333-47494-5

Excellent and very comprehensive, though it contains a number of silly mistakes. Readable yet also very detailed.

[201] **Allardice.P.** A - Z of Companion Planting. Cassell Publishers Ltd. 1993 ISBN 0-304-34324-2

A well produced and very readable book.

[235] **Britton. N. L. Brown. A.** An Illustrated Flora of the Northern United States and Canada Dover Publications. New York.

1970 ISBN 0-486-22642-5

Reprint of a 1913 Flora, but still a very useful book.

[257] **Moerman. D.** Native American Ethnobotany Timber Press. Oregon. 1998 ISBN 0-88192-453-9

Very comprehensive but terse guide to the native uses of plants. Excellent bibliography, fully referenced to each plant, giving a pathway to further information. Not for the casual reader.

## Readers Comments

### Aronia melanocarpa

**Jonathan Byron** Mon Dec 19 2005

The plant should be rated higher on the medicinal category. Aronia extracts have proven themselves useful as an antioxidant. They reduce inflammation induced by histamine and serotonin. The juice supports vascular/endothelial function, and appears to be a valuable adjunct or secondary therapy for people with heart disease, diabetes, and other conditions.

### Aronia melanocarpa

**Birgir Norddahl** Sat May 27 2006

Please find the link below for one example of medicinal use (hypoglycemic effect) in diabetes patients - many more can be found.

[NCBI PubMed \(National Centre for Biotechnology Information\)](#)

### Aronia melanocarpa

**SW** Sun Jun 11 2006

I suspect this is what is known as 'black rowan' in at least three countries; Russia, Lithuania and Czech Republic. A Lithuanian company makes a wine; 'Aronijos'. Website link shows a juicy picture of the berries.

[Photos by Nikolay Palshin 2004](#) Picture: 'Black Rowan'



## **Aronia melanocarpa**

**Michael** Fri Sep 15 2006

Hi, I'm really surprised that you don't know that this is one of the most powerful remedies for high blood pressure! Please, adjust your page. If you need any additional info please, write to me at [mike\\_miner@hotmail.com](mailto:mike_miner@hotmail.com). Thanks, Michael.

## **Aronia melanocarpa**

**David Everett** Tue Dec 26 2006

Aronia melanocarpa is an extraordinary medicine plant which has been developed in Poland. It has an incredible array of health qualities, and it deserves a far higher recognition. Last year Professor Iwona Wawer published a book all about it. Known as Chokeberry, the native Americans used it to prepare pemmican (dried meat). It has a higher concentration of vitamin C than blackcurrants, but it also contains a host of other valuable substances, especially antioxidants, polyphenols, bioflavonoids, and tannins. It is a very hardy and vigorous plant and can survive most conditions. The book is still difficult to obtain, even with the ISBN (83-923931-0-4). The printers are Nature's Print Ltd., Suite 4, 34 Buckingham Palace Road, London SW1W 0RH (no phone no. given). If you still have difficulty, and want to know more, contact Polfrutz Company, 2 George St, Wellington TA21 8JA.

## **Aronia melanocarpa**

**Carla** Mon Oct 29 2007

We received some sticks from Montana but have not had much luck in getting them to produce leaves or grow. In eastern Montana they grow along the drainage ditches or hiway in poor conditions. I'd like to buy a plant but haven't been able to find any. Any ideas where I can find one?

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## Quince Trees

Our Quinces are looking beautiful and several have the most adorable fuzzy young fruit on them. Quince is an old-fashioned fruit that most people don't know what to do with these days. The fruit is about the size and shape of a pear, has a fleshy texture and is very high in pectin and vitamin C. It can be added to help gel other fruit preserves or made into jams or jellies itself. It is a strongly flavored and aromatic fruit and adds a distinctive kick to baked goods and meats like pork or chicken. The fruit also stores well over winter. It is a great tree for the garden or small yard as it appreciates some shade and doesn't grow very large. Why this tree and it's fruit have fallen out of favor over the decades baffles us. It's fabulous! [Click here for our Quince variety.](#)

*Shown below: young quince fruit on an 8 ft. tree.*



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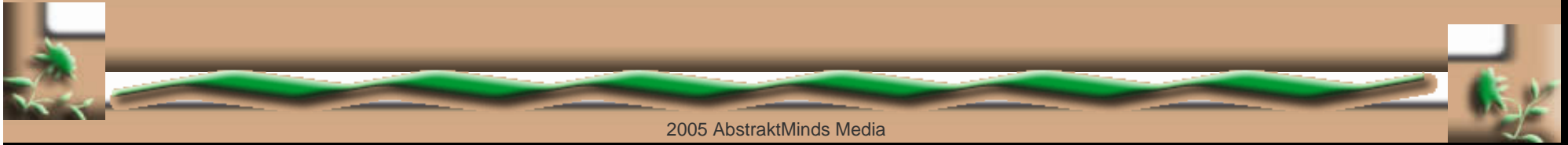
## Kiwis



Our Kiwis are 4-6 tall and are growing like crazy! Every week lately we have to go out and tame them back to their own trellises. [Click here for our complete list of Kiwi varieties.](#)



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