

UConn Spring Valley Student Farm

Edible Forest Garden

Plant list and information compiled by Maricris Rivera 2019



Latin name: *Viburnum cassinoides*

Common name: Wild Raisin, Witherod Viburnum

Form: Shrub

Habitat: Zone 3 hardy

Uses: Attracts birds, borders

Native Range:

<http://hort.uconn.edu/detail.php?pid=523>



Latin Name: *Matteuccia struthiopteris*

Common Name: Ostrich Fern

Form: Fern

Habitat: Cold hardy on zone 3 to 7

Uses: Rain gardens, Naturalize, Edible

Native Range:

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=e180#AllImages>



Latin Name: *Salix bebbiana*

Common Name: Bebb's willow

Form: Shrub or Tree

Habitat: Cold hardy on zone 2

Uses: Specimen plant, basketry

Native Range:

<https://www.willowsvermont.com/bebbi.html>



Latin Name: *Vaccinium corymbosum*

Common Name: Blueberry

Form: Shrub

Habitat: Coldy hardy to zone 3

Uses: Attracts wildlife, edible fruit

Native Range:

<http://hort.uconn.edu/detail.php?pid=517>



Latin name: *Hamamelis virginiana*

Common name: Common witchhazel

Form: Tree or Shrub

Habitat: Zone 4 hardy

Uses: Fall color, late fall bloom, fragrant flower, Medicinal Properties

Native Range:

<http://hort.uconn.edu/detail.php?pid=200>



Latin Name: *Corylus americana*

Common Name: American hazelnut

Form: Shrub

Habitat: Zone 4 to 9

Uses: Edible nuts

Native Range:

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=c350#AllImages>



Latin Name: *Sambucus canadensis*

Common Name: American Elder (Common Elder), Elderberry

Form: Shrub

Habitat: Zone 4 hardy

Uses: Edible Fruit, naturalize,

Native Range:

<http://www.hort.uconn.edu/plants/detail.php?pid=452>



Latin Name: *Ribes nigrum* 'Consort'

Common Name: Consort Black Currant

Form: Shrub

Habitat: Zone 3 to 7

Uses: Edible berries, jam

Native Range:

<https://trees.umn.edu/nursery-tour/species/coblcu>

<https://gobotany.newenglandwild.org/species/ribes/nigrum/>



Latin Name: *Asimina triloba*

Common Name: Paw paw Tree

Form: Tree

Habitat: Zone 5 to 9

Uses: Fruits are edible that can be eaten raw or processed as ice cream and pies

Native Range: Southeastern United States

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=b500>
[#AllImages](#)



Latin Name: *Diospyros virginiana*

Common Name: Persimmon

Form: Tree

Habitat: Zone 4 to 9

Uses: Fruit are edible and can be used as jellies, ice cream, pies, and syrup. Leaves can be used as tea

Native Range: Eastern and midwestern United States

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=h740>
[#AllImages](#)



Latin Name: *Actinidia arguta*

Common Name: Hardy Kiwi

Form: Vine

Habitat: Zone 3 to 8

Uses: Edible fruit and attractive leaves

Native Range: Temperate eastern Asia

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=r320>
[#AllImages](#)



Latin Name: *Amelanchier arborea*

Common Name: Downy Serviceberry, Shadbush

Form: Large Shrub or Small Tree

Habitat: Zone 4 hardy

Uses: Edible Fruit

Native Range: Northeastern US through Florida and Iowa

<http://hort.uconn.edu/detail.php?pid=44>



Latin Name: *Amphicarpaea bracteata*

Common Name: Hog Peanut, American hog peanut

Form: Vine

Habitat: Zone 4 to 5

Uses: Edible root and seed

Native Range: Northeastern US

<https://pfaf.org/user/plant.aspx?latinname=Amphicarpaea+bracteata>



Latin Name: *Asarum canadense*

Common Name: Wild Ginger

Form: Herbaceous perennial

Habitat: Zone 4 to 6

Uses: Groundcover, Fresh and dried roots can be used as ginger substitute

Native Range: Manitoba to North Carolina

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=b460#AllImages>



Latin Name: *Comptonia peregrina*

Common Name: Sweet Fern

Form: Deciduous shrub

Habitat: Zone 2 to 6

Uses: Aromatic Foliage, Naturalize area

Native Range: Eastern North America

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=c240>
[#AllImages](#)



Latin Name: *Monarda didyma*

Common Name: Bee balm

Form: Herbaceous perennial

Habitat: Zone 4 to 9

Uses: Aromatic herbs for teas and salads

Native Range: Canada, US

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=q250>

https://www.wildflower.org/gallery/result.php?id_image=49119



Latin Name: *Rheum rhabarbarum*

Common Name: Garden Rhubarb

Form: Herbaceous

Habitat: Zone 3a to 8b

Uses: Medicinal, edible stems, roots and leaves can be poisonous

Native Range: Northern Europe

<http://florawww.eeb.uconn.edu/201000185.html>



Latin Name: *Rubus odoratus*

Common Name: purple-flowering raspberry

Form: Deciduous Shrub

Habitat: Zone 3 to 8

Uses: Edible showy fruit that attracts wildlife

Native Range: Eastern North America

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=m190#AllImages>



Latin Name: *Allium tricoccum*

Common Name: Ramps, Wild leek

Form: Bulbous herb

Habitat: Zone 5 to 9

Uses: Edible

Native Range: Connecticut Maine Massachusetts New Hampshire Rhode Island Vermont

<https://plants.ces.ncsu.edu/plants/all/allium-tricoccum/>

<https://gobotany.newenglandwild.org/species/allium/tricoccum/>

<https://davesgarden.com/guides/pf/go/55403/#b>



Latin Name: *Rubus idaeus*

Common Name: Raspberry

Form: Deciduous shrub

Habitat: Zone 4 to 8

Uses: showy edible fruit

Native Range: North America, Europe, northern Asia, Japan

<https://plants.usda.gov/core/profile?symbol=RUID#>

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?taxonid=295999&isprofile=0&pt=7>



Latin Name: *Sassafras albidum*

Common Name: Sassafras

Form: Tree

Habitat: Zone 4 to 9

Uses: showy fruit and flower

Native Range: Eastern North America

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=i820>



Latin Name: *Aronia melanocarpa*

Common Name: black chokeberry

Form: Shrub

Habitat: Zone 3 to 8

Uses: Edible fruit rich in antioxidant

Native Range: Eastern North America

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=j420>



Latin Name: *Symphytum officinale*

Common Name: Comfrey

Form: Herbaceous perennial

Habitat: Zone 4 to 8

Uses: Edible, showy flower, naturalize

Native Range: Europe, Asia

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=b472>



Latin Name: *Lonicera kamtschatica*

Common Name: Honeyberry

Form: Deciduous shrub

Habitat: zone 3 to 7

Uses: Showy edible fruit, attracts birds

Native Range: Eastern Siberia

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=b222>



Latin Name: *Carya ovata*

Common Name: shagbark hickory

Form: Tree

Habitat: Zone 4 to 7

Uses: Showy edible fruit, Good fall color

Native Range: Eastern North America

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=a854>



Latin Name: *Pycnanthemum muticum*

Common Name: Blunt mountainmint

Form: Herbaceous perennial

Habitat: Zone 4 to 8

Uses: Herb garden

Native Range: United States

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?taxonid=293531>



Latin Name: *Robinia pseudoacacia*

Common Name: black locust

Form: Tree

Habitat: Zone 3 to 8

Uses: Nitrogen Fixing tree, Showy fragrant flower

Native Range: Eastern and central United States

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=c143%22#AllImages>



Latin Name: *Vaccinium macrocarpon*

Common Name: cranberry

Form: Shrub

Habitat: Zone 3 to 7

Uses: Edible Fruit

Native Range: Connecticut Maine Massachusetts New Hampshire Rhode Island Vermont

<https://gobotany.newenglandwild.org/species/vaccinium/macrocarpon/>

<https://plants.ces.ncsu.edu/plants/all/vaccinium-macrocarpon/>



Latin Name: *Ribes rubrum*

Common Name: Red Currant

Form: Shrub

Habitat: Zone 4 to 8

Uses: Edible Fruit, Dye

Native Range: Western Europe, including Britain.