

From: Karen Kubezka karen.kubezka@mac.com
Subject: Dirt Doctor - Edible Plants Article
Date: April 14, 2018 at 4:17 PM
To:

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From: Dirt Doctor <DirtDoctor-do-not-reply@eWeblife.com>
Date: April 13, 2018 at 2:50:40 PM CDT
To: Tooiegm baumann <srbaumann@att.net>
Subject: Dirt Doctor Newsletter 2018 - Edible Plants
Reply-To: Howard Garrett <Membership@DirtDoctor.com>



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EDIBLE PLANTS



Elderberry - edible fruit

I have always encouraged gardeners to blend food crops and herbs into their ornamental landscaping. A major part of this concept is to use plants with edible flowers as well as other edible parts. Of course, not all plants are edible - some are poisonous either naturally or from toxic chemical pesticides. Here are some guidelines on the edible flowers and other parts of the plants for you.

Yes - it's actually possible to create beautiful commercial landscapes that contain nothing but edible plants. For residential gardens, it's even easier. Here's a menu of great landscape/useful plants.

Shade Trees:

[Ginkgo](#) - tea from leaves and edible nuts
[Jujube](#) - fruit
[Linden](#) - tea from flowers
[Mulberry](#) - fruit
[Pecan](#) - edible nuts
[Persimmon](#) - fruit
[Walnut](#) - edible nuts

Ornamental Trees:

[Apple](#) - fruit and edible flowers
[Apricot](#) - fruit and edible flowers
[Citrus](#) - edible fruit, flowers and leaves for tea
[Crabapple](#) - fruit and edible flowers
[Fig](#) - fruit
[Mexican plum](#) - fruit
[Paw paw](#) - fruit
[Peach](#) - fruit and edible flowers
[Pear](#) - fruit and edible flowers
[Persimmon](#) - fruit
[Plum](#) - fruit and edible flowers
[Redbud](#) - edible flowers
[Rusty blackhaw viburnum](#) - berries and flowers for teas

Shrubs:

[Agarita](#) - fruit for wine, jellies and jams
[Althea](#) - edible flower petals
[Bay](#) - leaves for tea and food seasoning
[Pomegranate](#) - edible fruit
[Turk's cap](#) - flowers and fruit for tea

Annuals:

[Rennias](#) - edible flowers

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[Daylilies](#) - edible flowers
[Dianthus](#) - edible flowers
[Ginger](#) - food, seasoning and tea from roots
[Hibiscus](#) - edible flower petals
[Johnny jump-ups](#) - edible flowers
[Nasturtium](#) - edible leaves, buds and flowers
[Pansies](#) - edible flowers
[Peanuts](#) - edible nuts
[Purslane](#) - edible leaves and flowers
[Sunflower](#) - edible seeds and flower petals

Vines:

[Beans and peas](#) - edible pods and seed
[Gourds](#) - edible flower petals
[Grapes](#) - edible fruit and leaves for tea and dolmas
[Jicama](#) - edible roots
[Loofah](#) - edible flowers, shoots and young fruits
[Malabar spinach](#) - edible foliage
[Passion flower](#) - edible fruit and tea from leaves

Ground Covers:

[Clover](#) - tea from leaves and flowers
[Creeping thyme](#) - teas and food flavoring
[Mints](#) - food and teas from flowers and leaves
[Oregano](#) - teas and food flavoring
[Violets](#) - leaves in salads and tea from flowers and leaves

Perennials:

[Anise hyssop](#) - edible flowers, foliage for tea
[Blackberries](#) - edible berries, foliage for tea
[Chives](#) - edible foliage and flowers
[Elderberry](#) - edible fruit
[Garlic](#) - edible flowers, greens and cloves
[Hibiscus](#) - edible flower petals
[Hoja santa](#) - leaves for flavoring meats and other foods
[Jerusalem artichoke](#) - roots for food
[Lavender](#) - leaves and flowers for tea
[Oxalis](#) - leaves & flowers
[Monarda](#) - flowers and leaves for tea
[Peppers](#) - fruit and tea from fruit
[Purple coneflower](#) - all plant parts for tea
[Rosemary](#) - food seasoning and tea from leaves and flowers
[Roses](#) - petals and hips for teas and salads
[Salvia](#) - edible flowers, foliage for teas
[Sweet marigold](#) - leaves and flowers for tea and garnish
[Turk's cap](#) - flowers & fruit for tea

Note: Pregnant women should avoid all strong herbs and no plant should be ingested in excess by anyone at anytime. Edible flowers can be used to enhance food at breakfast, lunch and dinner. They can also be used in teas.

For detailed information on this important subject and all these plants, look at my book [Herbs for Texas](#).

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Here are some other useful resources from [DirtDoctor.com](#):

- [Natural-Organic Gardening and Landscaping Online Course](#)
- [Radio Show & Podcasts](#)
- [Previous Newsletters](#)

To discuss this newsletter or any other topic, tune in each Sunday 8am - 11am central time to the [Dirt Doctor Radio Show](#). The call-in phone number is [1-866-444-3478](#). Listen on the internet or click [here](#) to find a station in your area.

Please share this newsletter with everyone in your address book and all your friends on Facebook and Twitter to help me spread the word on the proper way to select, plant and maintain plants.

Naturally yours,



Howard Garrett
The Dirt Doctor

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The mission of TORC is to provide research and information to stop the broad scale use of toxic chemical pesticides and fertilizers in order to improve our health and thus our quality of life.



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