

**NOTES FROM VISIT TO MARTIN CRAWFORD'S
FOREST GARDEN 26 JUNE 2010**

Plant	Cultivation info	Culinary info
Italian Alders	Nitrogen fixing	
Comfrey	Has very deep roots, accesses mineral nutrients from deep in the ground. Flowers are good for bees	
Lime tree (small leaved variety)	Pollarded and grown as a shrub so easy-to-harvest, cut at chest height every 3-4 years (could be coppiced but only if no deer problem locally)	Use as salad leaves
Perennial leeks	These set bulbules like cloves – harvest and eat or broadcast to propagate. Vanishes in Sept, grows through winter - harvest as leek in winter and will re-grow. Gets thicker each year, after 3 years will be about same thickness as annual leeks	Eat seeds when unripe
Chinese dogwood	White flowers like hankies	Fruit is 25mm diameter, deep red and delicious
Turkish Rhubarb	Harvest seeds	Stalks are edible
Valerian	Mineral accumulator	Roots are a sedative (NB, NOT related to red flowered plant of same name that grows in garden walls)
Good King Henry	Perennial spinach plant, just pluck the leaves, keeps other plants down and reduces weeds	Best steamed, not raw
Bamboo	Grows 25cm daily! Needs a barrier, or just keep cutting new shoots appearing at the "growth limit" you want. To use the canes, cut at 2-3 years old (MC uses dots of different coloured paints each year to identify)	Edible April to July, choose new shoots, eat only top foot where canes are half inch thick. The white or very light green bits are edible, steam for a few mins. Good for minerals.
Pine trees	Must have fungi (won't grow without it). Provide shelter and shade for people, habitat for wildlife, can use pine resin as a sealant (it liquefies when warmed up), or distilled for turpentine	
Mushroom logs	Use fresh cut pine wood, inoculate, cover and leave in moist place. Shitake logs fruit after being hit to simulate branch dropping	
Hawthorns	Big Golden Star (Chinese variety) is low maintenance.	Nice flavour

	Syrian hawthorn has no thorns. Red Haw (American)	Nice fresh fruits
Dwarf hops	Easier to harvest. Grown on South side of canopy, climbing up into the sun.	
Korean raspberries	Good in shade. Needs controlling – by walking on it!	
Nepalese raspberries	Good in shade. Less vigorous.	
Redcurrants	Good in deciduous shade (but birds like them, especially early varieties)	
Mulberry	“Illinois Ever Bearing” has long ripening period. Needs shelter as branches are brittle. Plant a names variety as takes 15 years to bear fruit. Harvest using “sheet and shake” method.	
Sweet chestnuts	Grow into big trees! Spiny burrs deter squirrels	
Eleagnus	Needs another for cross-pollination. Fragrant flowers and early fruits	
Bay berry or wax myrtle	Nitrogen fixing. Tiny fruits can be boiled, scoop wax off the top to make candles. Dropped leaves should be left on the ground.	Use leaves as spice plant, like bay.
Microrhizal (?) mushrooms	Beneficial fungi. Only appear in uncultivated gardens. Can move nitrogen 30 to 40 metres! Can use a root dip to accelerate beneficial fungi. Fungi growing out of the soil are OK, not rotting wood.	
Skirrit	Perennial veg	
Flowering quince		
Mint	Aromatic, attracts beneficial insects, pest control. Self mulches from old stems.	
Apple mint		Good in salads and rice dishes
Japanese persimmon	“Sharon fruit”, needs long hot summers to ripen	Delicious apple sized, orange coloured fruits
Tibetan Whitebeam	Sorbus family	Good fruits
Hostas	Harvest shoots when they grow through in spring, cut at ground level for regrowth	Like chicory, steam
Poke root	Grow with lungwort to protect it. Use purple fruit as dye.	Eat shoots as they come up. Poisonous raw, cook with care. Bring cold water to boil, discard. Boil again for 10 mins. Don't eat fruit.
Lungwort	Deep rooted, mineral	

	accumulator, good for bees	
Sweet sicily	Difficult to grow from seed – needs 5 months of cold moist conditions, can achieve by mixing seed with moist sand and keeping in fridge	Anise flavour. Cook with acid fruits to help neutralise – like licorice. Leaves and seeds when young both good in salads
Day lilies	Inter-planted with echinacea (beware slugs)	Flowers are dibble, substantial and crunchy
Meddlar Tree	“Nottingham” no maintenance, ripen fruit on tree in hot summer, if cool pick at first frost and keep cool. Will go brown.	Like a cross between baked apple and date.
Eucalypyus	Polarded for leaf crop, oil used as decongestant and other medicinal purposes. Old leaves can put chemicals in the soil which can affect some other plants (the Russian comfrey was quite happy)	
Khardoom (?)		Use as globe artichokes
Quince		
Nepalese Pepper		For spice
Mashua	Grows long thin tubers, like nasturtium family	
Chinese Yams		Good roasted like potatoes
Lovage	Like giant celery	

Feature	Purpose
Pond	Attracts frogs and toads which help to control slugs Sustains bats which eat insect pests
Ground cover - plastic	Plastic covers over the ground will kill off everything except bindweed
Ground cover – flax or hemp	Effective as above but expensive and doesn't last as long as plastic

See website for plants and seeds for sale.