

Food Forest Virginia: Design Plant List



Client: THRIVE Peninsula

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Location: 12749 Nettles Drive,
Newport News, Virginia

Last Edit Date: 3/8/2023

Annual Vegetables

See: Narrative for culturally appropriate foods

Plant	Notes
Alliums (Onion, Garlic, Shallot, Leeks, Chives, etc.)	Companion to beets, tomatoes, lettuce. Avoid beans
Beet	Companion to onion, brassicas
Brassicas (Broccoli, Cabbage, Kale, Brussels, Collards, etc.)	Cool seasons. Companion to potatoes, celery, beets, onions
Bush Beans	Companion to potatoes, cucumbers, corn, strawberries
Cantaloupe/Muskmelon	Sprawling or Vining. Hot season. Companion to nasturtium
Carrot	Cool season. Companion to peas, lettuce, chives, alliums
Chard	Companions same as Leafy Greens
Collards	See: Brassicas
Cucumber	Vining or sprawling. Companion to beans
Eggplant	Companion to beans, potatoes
Leafy Greens (Lettuce, Spinach, Arugala, etc.)	Cool seasons. Companion to carrot, radish, strawberry, cucumber
Loufa Gourd	Vining. Source of "luffa" sponge
Marigold	Pollinator. Pest deterrent. Ornamental.
Okra	Companion to peas, beans, cucumbers, pumpkin, squash
Peas	Vining. Cool season. Companion to carrot, turnip, radish, beans
Peppers	Hot season. Companion to basil, okra, southern peas (cowpeas)
Pole Beans	Vining. Companion to corn, summer savory, sunflowers
Potatoes	Hot season. Companion to beans, horseradish, marigold
Pumpkin	Sprawling. Companion to okra. Avoid potatoes
Radish	Cool seasons. Companion to peas, nasturtium, leafy greens
Squash, summer	Sprawling or Vining. Companion to nasturtium
Sweet Potato	Sprawling. Hot season. Companion to okra
Tomato	Hot season. Companion to chives, parsley, basil, marigold, nasturtium
Watermelon	Sprawling. Companion to okra
Zucchini	Sprawling or Vining. Companion to nasturtium, okra

Perennial Edibles

*Consume plants at your own risk

Plant	Notes
Anise Hyssop	<i>Agastache foeniculum</i> ; perennial pollinator, medicinal, ornamental
Apple (dwarf)	Red Delicious', 'Golden Delicious', 'Fuji', 'Earlicrisp', 'Winesap', 'Empire'
Aronia	Shade tolerant. <i>Aronia melanocarpa</i> , perennial edible.
Blackberry (recommend primocane for more harvest)	Prime-Ark 45', 'Prime-Ark Freedom', 'Kiowa', 'Navajo', 'Chester', 'Natchez'
Boneset (Genus <i>Eupatorium</i>)	<i>Eupatorium perfoliatum</i> , <i>Eupatorium serotinum</i> , etc.; Perennial pollinator
Brown-eyed Susan	<i>Rudbeckia triloba</i> ; Native pollinator, ornamental
Currant	Shade tolerant. 'Jonkeers van Tets', 'Redlake', 'Wilder', 'Rovada'
Echinacea	<i>Echinacea purpurea</i> ; pollinator, medicinal, ornamental
Elderberry	Shade tolerant. 'Adams', 'Kent', 'Nova', 'Victoria'; generic species ok
Goldenrod	pollinator, medicinal, ornamental
Maypop aka passionflower (potted)	<i>Passiflora incarnata</i> ; Perennial edible (in glazed pot); ornamental, pollinator
Nasturtium (recommend yellow varieties)	Edible annual, ornamental, pest deterrent, pollinator. Trailing.
Pear (dwarf)	Harrow Delight', 'Moonglow', 'Seckel', 'Kieffer', 'Orient', 'Maxine'
Raspberry (recommend primocane for more harvest)	Caroline', 'Josephine', 'Joan J', 'Heritage', 'Himbo Top', 'Nova', 'Killarney'
Rosemary	perennial herb, medicinal, pollinator, pest deterrent
Sage	<i>Salvia officinalis</i> ; perennial herb, medicine, pollinator

Sorrel	<i>Rumex acetosa</i> or <i>Rumex scutatus</i> ; perennial edible
Strawberry	Ever-bearing: 'Albion' & 'San Andreas'; 'Sweet Charlie', 'Camerosa'
Yarrow	medicine, pollinator, groundcover, ornamental