

\* = "native" to New York by standard definitions

" = naturalized in New York

+ = planted or researched at Cornell

Cornell Garden-Based Learning Program

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Common Name	Latin Name	Planting/Mgmt	Light Needs	Human Uses	Ecosystem Services	Notes
Hybrid Chestnut *	<i>Castanea X</i>	Space 20'+ from other canopy trees	up to 50% shade	Food	Wildlife Food, shelter	native heiritage tree, "perennial corn" in terms of nutrition. Long term overstory tree. Plant multiple for cross pollination.
Red Alder "+	<i>Alnus spp.</i>	space as close as 3' for windbreak, up to 10'	up to 50% shade	Fuel, Timber	Excellent Nitrogen fixer, windbreak, habitat	Fast growing tree for conservation and soil building. High value wood. Coppices well. Good for windbreaks. Tolerates wet soil.
Paw Paw *+	<i>Asimina triloba</i>	8 - 10' spacing, can get 30' tall, can be topped	up to 50% shade	Food, Medicine	Habitat, Nectary, host for Zebra Swallowtail	Will grow in partial shade, large, highly nutritious delicious tropical-like fruit, plant at least two, may need to hand pollinate for success, Sept/Oct harvest.
Juneberry *+	<i>Amelanchier spp</i>	plant 4' apart; 10 - 30' tall, coppice to keep	up to 25% shade	Food, Medicine	Bird food, early season nectary, windbreak	aka Saskatoon, Shadbush, produce in partial shade, early flower and fruiting; nutty blueberry sized berries, self-fertile : <a href="http://www.juneberries.org">www.juneberries.org</a>
Beach Plum *+	<i>Prunus Maritima</i>	plant 5' apart, 10' tall, prune as needed	full sun	Food	Nectar, Wildlife food	So hardy it tolerates long droughts, sub-zero cold, very poor soils, and most diseases. Small sweet fruits. <a href="http://www.beachplum.cornell.edu">www.beachplum.cornell.edu</a>
Hybrid Hazelnut *+	<i>Corlyus spp.</i>	plant 5 - 10' apart, 20' tall, coppice to keep	up to 25% shade	Food, Fuel, Fodder	Wildlife Food, habitat, windbreak	Great multi-use species for food OR wildlife; choose hybrid cultivars if you are seeking good nut size and yields. Great for windbreaks. Low maintenance.
Seaberry +	<i>Hippophae rhamnoides</i>	plant 3 - 5' apart, 20' tall, prune/coppice	full sun	Food, Medicine	Nitrogen fixing shrub, windbreak	Tolerant to poor soils, fast growing in full sun, N2 fixer, easy to grow and propagate, "chop and drop", 15x vitamin C of oranges; highly medicinal
Elderberry * +	<i>Sambucus canadensis</i>	plant 3 - 5' apart, 12' tall, prune/coppice	up to 50% shade	Food, Medicine	Wildlife Food, Nectar	Highly versatile and nutritious berries. Easy to grow and propagate. Tolerates wide range of conditions. Cultivars have much larger berries.
Sorrell *	<i>Rumex spp.</i>	1' tall x indefinitely spreading; division	up to 50% shade	Food, Medicine	Nutrient accumulator and soil decompressor	Great lemony edible leaves, accumulates K, P, Ca, Fe, Na, "Profusion" variety never flowers and is recommended. Easy "Chop and Drop" plant
Comfrey *	<i>Symphytum x uplandicum</i>	3 - 5' tall x indefinitely spreading; division	up to 50% shade	Medicine, Fodder	Nutrient accumulator, nectar, and spider habitat	Accumulates K, P, Ca, Cu, Fe, Mg, "chop n drop", spider plant, Bocking 14 and Russian varieties have sterile seed (x uplandicum) and are recommended.
Nettle *	<i>Urtica dioica</i>	3 - 5' tall x indefinitely spreading; division	up to 75% shade	Food, Medicine	Nutrient accumulator, insectary, groundcover	Most nutritious edible green. Cook to remove sting; harvest with gloves; a potent medicine especially for general allergies. Rhizome roots.
Yarrow *+	<i>Achillea millefolium</i>	1 - 2' tall x indefinitely spreading; division	up to 75% shade	Medicine, Tea	Nutrient accumulator, insectary, groundcover	Accumulates K, P, CU, Aster family, habitat and egg laying sites for beneficials, great forage. Can act as a groundcover. Makes a good tea.
Wild Indigo *	<i>Baptisia australis</i>	3 - 5' tall x indefinitely spreading; division	full sun	Aesthetics, Dye	Nitrogen Fixation, Nectar	Prolific nitrogen fixing shrub with beautiful pea-like flowers. Easy to grow and transplant. "Chop and Drop" to control. Excellent habitat for insects.
Clovers *+	<i>Trifolium spp.</i>	1/2 lb per 1,000 sq ft	white clover up to 75% shade	Tea, Fodder	Nitrogen Fixing Cover Crop	Self seeding annual or perennial depending on species, Tolerates foot traffic, easy to establish, White clover best for shady spots, Red for broadcasting.
Buckwheat *+	<i>Fagopyrum esculentum</i>	1/4 lb per 1,000 sq feet	full sun	Food, Fodder	Weed Suppression, Organic Matter	Incredible cover and moisture crop, sow from May through Sept, does frost kill, good nectar for bees, food for poultry, excellent weed suppression
Winter Ryegrass	<i>Lolium spp.</i>	1/4 lb per 1,000 sq feet	up to 50% shade	None	Four season groundcover	Can sow anytime of year, will stay green all winter, continue growing in spring, also perennial varieties, inexpensive
Groundnut *	<i>Apios Americana</i>	4 - 8' tall x indef spreading	up to 75% shade	Food	Nitrogen fixing vine/groundcover	Improved varieties yield like potatoes with higher protein, expansive and vigorous growth, great biomass plant, good temporary windbreak or screen.
Sunchoke *	<i>Helianthus tuberosus</i>	6 - 12' tall x indef spreading	full sun	Food, Fodder	Decompaction, Biomass, Insectary, Windbreak	Enormous native plants with huge yields (25lbs a plant!) Easy to grow. Nutritious tubers with a nutty flavor. Contains inulin and high in protein.
Egyptian Onion, Welsh Onion *	<i>Allium spp.</i>	2' tall x 2' wide	full sun	Food	Insectary, Nutrient accumulator	Chives accumulate K, Ca, easy to divide, good pest control, produce all year, scatter various species throughout garden; these two are perennial.
Daikon radish"	<i>Raphanus sativus</i>	1/4 lb per 1,000 sq feet	up to 50% shade	Food, Fodder	Decompaction, Biomass	Good for busting up compacted soil, broadcast seed, leave some tubers over winter to rot and feed soil; easy and cheap soil builder, edible spicy radish
Stropharia Mushroom *+	<i>Stropharia rugosa-annulata</i>	5 lbs spawn per 16 sq	up to 50% shade	Food, Medicine	Decomposer of organic matter	Integrates nicely into mulched no-till beds, speeds decomposition, tastes similar to portabella, easy to propagate, <a href="http://www.mushrooms.cals.cornell.edu">www.mushrooms.cals.cornell.edu</a>