

<p style="text-align: center;">Chestnut (hybrid) <i>Castanea</i></p> <p>Overstory tree that produces prolific edible nuts for humans/wildlife. A native heritage tree that used to dominate Eastern forests.</p>	<p style="text-align: center;">Alder <i>Alnus spp.</i></p> <p>Overstory or understory tree that tolerates range of soils, likes moisture. Nitrogen fixing and good wood & wildlife value. Naturalized.</p>
<p style="text-align: center;">Paw Paw <i>Asimina triloba</i></p> <p>Understory, shade tolerant tree. Need at least two for pollination. Largest tree-fruit that can be grown in NY. Nutritious and delicious.</p>	<p style="text-align: center;">Juneberry <i>Amelanchier spp.</i></p> <p>Thicket forming shrub/tree. Prolific late spring berries for humans and wildlife. Somewhat shade tolerant. Beautiful form.</p>
<p style="text-align: center;">Beach Plum <i>Prunus Maritima</i></p> <p>Understory tree, short form, produces small edible fruits, resistant to many common diseases of plums and apples.</p>	<p style="text-align: center;">Hazelnut (hybrid) <i>Corlyus spp.</i></p> <p>Understory shrub, needs at least half-day to sun for good nut production. Good nutritious nuts, easy to maintain. Hybrid resists blight.</p>

<p style="text-align: center;">Seaberry <i>Hippophae Rhamnoides</i></p> <p>Sun loving shrub; producer of highest amount of Vitamin C in cold climates. Nitrogen fixing good for site needing repair.</p>	<p style="text-align: center;">Elderberry <i>Sambucus canadensis</i></p> <p>Native shrub with highly nutritious berries. Easy to grow and maintain. Tolerates full sun to partial shade. Attracts beneficials.</p>
<p style="text-align: center;">Sorrell <i>Rumex spp.</i></p> <p>Herbaceous. Great lemony edible leaves, accumulates K, P, Ca, Fe, Na, "Profusion" variety never flowers and is recommended.</p>	<p style="text-align: center;">Comfrey <i>Symphytum uplandicum</i></p> <p>Herbaceous. Accumulates K, P, Ca, Cu, Fe, Mg, "chop n drop", spider plant, Hybrid varieties have sterile seed (x uplandicum)</p>
<p style="text-align: center;">Nettle <i>Urtica dioica</i></p> <p>Tolerates a wide range of conditions, leaves grow larger in shade. Highly nutritious and medical greens. Attracts beneficial insects.</p>	<p style="text-align: center;">Yarrow <i>Achillea millefolium</i></p> <p>Accumulates K, P, CU, Aster family, habitat and egg laying sites for beneficials, great forage. Can act as a groundcover. Good tea.</p>

Wild Indigo

Baptisia australis

Prolific nitrogen fixing herbaceous shrub with beautiful pea-like flowers. Easy to grow and transplant. "Chop and Drop" to control.

Clover

Trifolium spp.

Self seeding annual or perennial groundcover Nitrogen fixer. Tolerates foot traffic, easy to establish, White clover best for shade spots.

Buckwheat

Fagopyrum esculentum

Incredible cover crop, sow from May through Sept as it does frost kill, good nectar for bees, edible seed, weed suppression plant

Winter Rye

Lolium spp.

Annual groundcover. Can sow almost anytime of year, will stay green all winter, continue growing in spring, Inexpensive seed.

Sunchoke

Helianthus tuberosus

Tall growing woody herbaceous plant. High yields of high protein edible tubers. Easy to grow, will be permanent where you plant!

Alliums

Allium spp

Chives, welsh onion, egyptian onion all perennial. Great pest control plant, suppresses grass development. Easy to

<p style="text-align: center;">Daikon Radish <i>Raphanus sativus longipinnatus</i></p> <p>Soil decompaction cover crop. Can broadcast into a variety of conditions. Spicy, edible root. Leave some in the ground to rot over winter.</p>	<p style="text-align: center;">Stropharia Mushroom <i>Stropharia Rugosa-annulata</i></p> <p>Easy to grow, edible mushroom for the garden which produces portabella-like mushrooms and helps decompose OM.</p>
<p style="text-align: center;">Key (PRIMARY function)</p> <ul style="list-style-type: none"> Food Crop Food/Wildlife Crop Nitrogen Fixer Insectary Nutrient Accumulator Cover Crop/Soil Builder 	