| **Chestnut (hybrid)**  
*Castanea*  
Overstory tree that produces prolific edible nuts for humans/wildlife. A native heritage tree that used to dominate Eastern forests. | **Alder**  
*Alnus spp.*  
Overstory or understory tree that tolerates range of soils, likes moisture. Nitrogen fixing and good wood & wildlife value. Naturalized. |
|---|---|
| **Paw Paw**  
*Asimina triloba*  
Understory, shade tolerant tree. Need at least two for pollination. Largest tree-fruit that can be grown in NY. Nutritious and delicious. | **Juneberry**  
*Amelanchier spp.*  
| **Beach Plum**  
*Prunus Maritima*  
Understory tree, short form, produces small edible fruits, resistant to many common diseases of plums and apples. | **Hazelnut (hybrid)**  
*Corlyus spp.*  
Understory shrub, needs at least half-day to sun for good nut production. Good nutritious nuts, easy to maintain. Hybrid resists blight. |
<table>
<thead>
<tr>
<th>Seaberry</th>
<th>Elderberry</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Hippophae Rhamnoides</em></td>
<td><em>Sambucus canadensis</em></td>
</tr>
<tr>
<td>Sun loving shrub; producer of highest amount of Vitamin C in cold climates. Nitrogen fixing good for site needing repair.</td>
<td>Native shrub with highly nutritious berries. Easy to grow and maintain. Tolerates full sun to partial shade. Attracts beneficials.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sorrell</th>
<th>Comfrey</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Rumex spp.</em></td>
<td><em>Symphytum uplandicum</em></td>
</tr>
<tr>
<td>Herbaceous. Great lemony edible leaves, accumulates K, P, Ca, Fe, Na, “Profusion” variety never flowers and is recommended.</td>
<td>Herbaceous. Accumulates K, P, Ca, Cu, Fe, Mg, “chop n drop”, spider plant, Hybrid varieties have sterile seed (x uplandicum)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nettle</th>
<th>Yarrow</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Urtica dioica</em></td>
<td><em>Achillea millefolium</em></td>
</tr>
</tbody>
</table>
| **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 |
| Daikon Radish  
*Raphanus sativus longipinnatus*  
Soil decompaction cover crop. Can broadcast into a variety of conditions. Spicy, edible root. Leave some in the ground to rot over winter. | Stropharia Mushroom  
*Stropharia Rugosa-annulata*  
Easy to grow, edible mushroom for the garden which produces portabella-like mushrooms and helps decompose OM. |
|---|---|
| **Key (PRIMARY function)**  
Food Crop  
Food/Wildlife Crop  
Nitrogen Fixer  
Insectary  
Nutrient Accumulator  
Cover Crop/Soil Builder | |