

BEST PRACTICES



Native Plant Food Garden

Looking for new landscaping ideas this spring? Plant a native food garden, and fill your yard with the edible beauty of the Pacific Northwest! At the same time, you will help protect water quality, add wildlife habitat, decrease your need to water and eliminate the need for herbicides and pesticides. Many of the plants listed below are available at local nurseries specializing in native plants. Here is a short list of species that will tickle your tongue and nourish your body.

Thanks to Elise Krohn, Native Foods Educator, who provided much of the information for this article. She may be contacted at elise@cwis.org

Evergreen Huckleberry (*Vaccinium ovatum*)

Habitat:	Full sun to full shade. Coniferous forests, edges, clearings.
Physical Description:	Evergreen shrub. 3-5 ft. tall. Oval shaped leaves with bell shaped flowers that become colorful berries.
Part Used:	Berries
Season:	Summer
Culinary Use:	Eat fresh, or add to pancakes, salads, desserts, or make into jam and jellies.



CREDIT: US FISH & WILDLIFE

Native Roses (*Rosa* spp.; *R. gymnocarpa*, *R. nutkana*, *R. pisocarpa*)

Habitat:	Full sun to partial shade. Woodlands, moist areas to open and dry areas. (Depends on species.)
Physical Description:	Deciduous shrub. Up to 8 ft. tall. Flowers have 5 petals growing on branches with thorns. Flowers turn to "hips" that are scarlet in the fall.
Part Used:	Flower Petals and Hips
Season:	Spring and Summer
Culinary Use:	Salads, flavoring desserts, sauces and jellies. Deseed the hips, dry and use for teas.



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Salal (*Gaultheria shallon*)

Habitat:	Prefers part to full shade and soils with good drainage.
Physical Description:	Evergreen shrub. Grows in low thickets with waxy oval leaves. Flowers are bell-shaped and white-pinkish. Berries are dark blue.
Part Used:	Berries
Season:	Late summer
Culinary Use:	Eat fresh or dehydrate for fruit leather



CREDIT: WALTER SIEGMUND

Service berry or Saskatoon (*Amelanchier alnifolia*)

Habitat:	Full sun to partial shade. Very drought tolerant. Likes well- drained soil in moist to dry areas.
Physical Description:	Deciduous tree. 10-12 ft. tall. Spectacular autumn foliage. Flowers are showy with white clusters that hang. Fruit is dark purple when ripe.
Part Used:	Berries
Season:	Late spring
Culinary Use:	Dry into cakes, fruit leather or eat whole.



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Thimbleberry (*Rubus parviflorus*)

Habitat:	Full sun to partial shade. Does not like saturated soils. Grows in clearings and open areas.
Physical Description:	Deciduous shrub. 2-10 ft. tall. Fuzzy leaves with 3-7 lobes. White flowers are in clusters. Berries are red.
Part Used:	Young shoots and Berries
Season:	Spring and Summer
Culinary Use:	Eat raw or sautéed after they have been peeled. Eat fresh or in salads, dips and desserts.



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