



Asparagus
Asparagus officinalis



Purple Asparagus:
sweet, tender taste, with
flavorful notes of artichoke,
barley and almonds



Rhubarb

Rheum rhabarbum

tart, tangy stems cooked
(often with sweetener or strawberries)
harvest when stems are 10" long until July





Ostrich Fern

Matteuccia struthiopteris

edible fiddleheads sauteed;
taste is earthy and savory;
;harvested in spring



Jerusalem Artichoke / Sunchoke *Helianthus tuberosum*

tubers boiled, fried, or roasted;
taste slightly nutty and savory,
“like a cross between an artichoke heart and
the best potato you've ever had”;
harvest in late winter/early spring





**Giant Solomon's
Seal**

*Polygonatum
biflorum var.
commutatum*

large shoots
harvested in spring;
taste like asparagus,
with a cucumber
flavor





Cordate Spikenard
Udo
Aralia cordata

young shoots harvested in spring;
requires moisture;
likes partial shade





**Hostas
Sansai**
Hosta spp.

young shoots
cooked, taste “like
snow pea pods,
asparagus, lettuce
and spinach!”





**Japanese Butterbur, Sweet
Coltsfoot, Fuki, Bog
Rhubarb**
Petasites japonicus

stalks boiled, pickled, in soups;
pleasant fragrant taste



Kyarabuki





Good King Henry
Chenopodium
bonus-henricus

tasty greens similar to spinach;
young flowers cooked like
broccoli;
seeds can be used
like poppy seeds



Lovage

Levisticum officinale

flavor like parsley and celery
combined with a hint of aniseed and curry;
eaten as vegetable, used as seasoning, edible root





Bamboo

Phyllostachys spp.

aromatic, just-cooked shoots
taste like artichoke, corn,
and hearts of palm





Chicory *Cichorium intybus*

“The rich, nutty, and bitter flavor of their leaves is a fantastic addition to gourmet mesclun salads, and is tasty in many gourmet dishes as well.”

- Eric Toensmeier,
“Perennial Vegetables”



Dandelion
Taraxacum officinale



Clio: high yields of easy to harvest, upright greens

Ameliore: broader leaves and milder flavor

Milano Chicory Melange: colorful salad mix, includes dandelion-like **Catalogna** seeds



Sea Kale
Crambe maritima

*"I place it on a par with
ceps, scallops and truffles
in the parthenon of wild food gods."*

*"The shoots yield lovely long stems
that can be cooked like asparagus."*

*"Flower buds knock the spots off
purple sprouting broccoli in every department!"*

*"The stems taste mildly of pea and cabbage
which combines remarkably well with the
sweetness of the blossoms."*

*"The fruits look like peas and taste like
cabbage."*

- Mark Williams





Turkish Rocket
Bunias orientalis

flowering heads are an early “mustardy” broccoli;
young leaves eaten raw or cooked;
older leaves cooked as mustard greens



Climbing Spinach
Hablitzia tamnoides

cooked greens;
"... no other perennial edible is anywhere near as
productive so early in the season."





Common Garden Sorrel
Rumex acetosa

leaves are tart and lemony, high in nutrients;
used in salads, soups and stews





Groundnut
Apios americana

flavor is slightly nutty;
boiled, fried, or roasted;
tubers are 16% protein





Salsify
Scorzonera hispanica

leaves are tender with a cucumber-like flavor, excellent in salads,
can also be cooked;
roots taste like artichokes





Skirret

Sium sisarum

young shoots are good in salads, soups
and stews;

leaves are used in herb teas;
roots can be eaten raw or cooked,
taste like a “nutty potato”
or a “mixture of carrot and liquorice”





Mintroot
Chinese Artichoke
Stachys affinis

tubers have a special place in Oriental cuisine;
pleasant, delicate flavor reminiscent of a mixture of
apple, globe artichoke, new potatoes and water chestnuts



Egyptian Onion, Walking Onion *Allium proliferum*

plant can spread by “walking” across the garden;
leaves, stems, and bulblets used in salads or cooked dishes;
bulbs can be used like shallots, and have a mild flavor





Welsh Onion, Spring Onion

Allium fistulosum

mild, sweet flavor;
leaves used in salads or cooked dishes like spring onions,
stems used like leeks,
bulbs used as shallots or small onions



Multiplier Onions (Shallots, Potato Onion)

Allium cepa var. *aggregatum*

bulbs used as onions;
leaves and stems used raw or cooked
like spring onions (scallions)

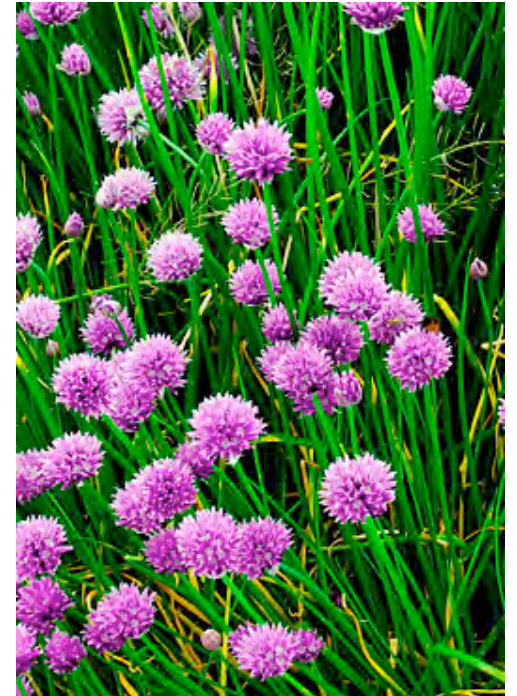




Chives

Allium schoenoprasum

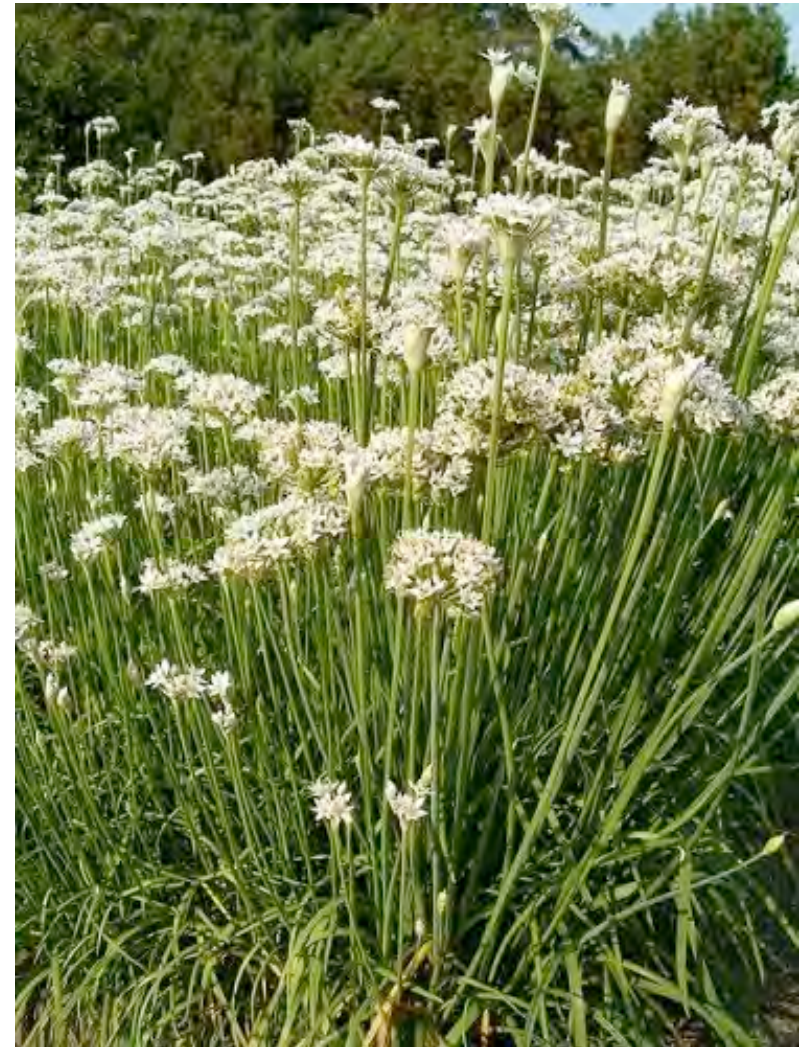
young leaves have a mild flavor,
used raw or cooked,
can be dried or frozen;
flowers used whole in salads



Garlic Chives , Chinese Chives

Allium tuberosum

leaves, stems, and flower stems are tender, with a great mild onion-garlic flavor;
used in salads, stir-fries, dumplings, pancakes, soups, and kimchi;
flowers can be added to salads and cooked dishes or dried and ground as a spice



Garlic
Allium sativum

bulbs are a staple culinary ingredient;
young green leaves and stems used raw in salads or cooked;
in spring, the whole plants (“baby garlic”) can be harvested



Wild Leek, Ramps
Allium tricoccum

bulbs have a delicious mild, sweet flavor,
used raw or cooked;
whole plant can be used as a
spring onion when young

