

Growing Freedom

Growing Freedom Presents

Perennial plants for cool climates

By Travis Warner

I have been asked many times and also heard asked, “how can I do permaculture or a food forest in my cold climate?”, “What plants can I plant in my cool climate?” To get anybody and everybody started in climates similar to mine here you go.

This list is not every plant by far, excluded is many herbs, medicinal plants and many edibles, but this is a great start for anybody living in these zones. It took this thing called research to accomplish, but to from now on not have to answer “well it depends or to not use precious time reciting every plant here is a resource for the question.

Initially the list was alphabetical but that went by the wayside fast as I found it unnecessary. Also you will find that many plants and trees on other sections also act as nitrogen fixers such as seaberry or aka sea buckthorn.

When you also put in redundancy in and add multiple varieties of apples, peaches etc you find soon your forest will fill fast, I went with just a general approach. Cherries for example come in sour, sweet, black and specific

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varieties may grow best in specific zones. But many and most of the plants/trees listed will grow in most of the continental United States.

Do your research on uses of each plant and what parts are edible, some for example need to be cooked to eat. You MUST do your own due-diligence ALWAYS.

Plant type	Zones
Vegetable type plants,	
<i>Allium fistulosum</i> , Welsh onion	4 to 9
<i>Allium ampeloprasum</i> , perennial sweet leek	4 to 7
<i>Allium cepa aggregatum</i> , potato onion	4 to 7
<i>Allium cepa aggregatum</i> , shallot	4 to 7
<i>Allium cepa proliferum</i> , walking onion	4 to 7
<i>Allium tricoccum</i> , ramps	4 to 8
<i>Allium tuberosum</i> , garlic chives	3 to 9
<i>Apios americana</i> , groundnut	3 to 10
<i>Aralia cordata</i> , udo	4 to 8
<i>Arundinaria gigantea</i> , canebrake bamboo	4 to 7
<i>Asparagus officinalis</i> , asparagus	3 to 9
<i>Asphodeline lutea</i> , yellow asphodel	4 to 7
<i>Beta vulgaris maritima</i> , sea beet	4 to 7
<i>Bunias orientalis</i> , Turkish rocket	4 to 7
<i>Camassia cusickii</i> , Cusick's camass	4 to 7
<i>Camassia leichtlinii</i> , Leichtlin's camass	4 to 7
<i>Camassia quamash</i> , camass	4 to 7
<i>Camassia scillioides</i> , wild hyacinth	4 to 7
<i>Cedrella sinensis</i> , fragrant spring tree	4 to 7
<i>Chenopodium bonus-henricus</i> , good king Henry	4 to 7
<i>Cicorium intybus</i> , chicory	4 to 7
<i>Crambe maritima</i> , sea kale	4 to 7
<i>Dioscorea japonica</i> , jinenjo	4 to 7
<i>Dioscorea opposita</i> , Chinese yam	4 to 7
<i>Diplotaxis muralis & sylvetta</i> , arugula	4 to 7
<i>Diplotaxis</i> spp. <i>sylvetta</i> arugula	4 to 7
<i>Helianthus tuberosa</i> , sunchoke	2 to 10

Hemerocallis ,daylily	4 to 7
Laportaea canadensis ,wood nettle	4 to 7
Levisticum officinale ,lovage	4 to 7
Malva moschata ,musk mallow	4 to 7
Matteuccia struthiopteris, ostrich fern	4 to 7
Nasturtium officinale, watercress	4 to 7
Nelumbo nucifera, water lotus	4 to 7
Oenanthe javanica, water celery	4 to 7
Oxyria digyna, mountain sorrel	4 to 7
Petasites japonicus, fuki	4 to 7
Phyllostachys spp. running bamboos	4 to 7
Physalis peruviana, goldenberry	4 to 7
Physalis pruinosa, ground cherry	4 to 7
Phytolacca americana, pokeweed	4 to 7
Polygonatum biflorum canaliculatum, giant Solomon's seal	4 to 7
Rheum rubarbarum, rhubarb	4 to 7
Rudbeckia laciniata Sochan, Green-headed Coneflower	3 to 8
Rumex acetosa 'Profusion', sorrel	4 to 7
Rumex acetosa, French sorrel	4 to 7
Rumex acetosella, sheep sorrel	4 to 7
Rumex scutatus, silver shield sorrel	4 to 7
Sagittaria latifolia, arrowhead	4 to 7
Sasa kurilensis chishima-zasa bamboo	4 to 7
Scorzonera hispanica scorzonera	4 to 7
Semiarundinaria fastuosa temple bamboo	4 to 7
Sium sisarum, skirret	4 to 7
Stachys sieboldii, Chinese artichoke	4 to 7
Taraxacum officinale, dandelion	4 to 7
Tetragonia tetragonioides, New Zealand spinach	4 to 7
Tilia spp. ,Linden	4 to 7
Urtica dioica, nettles	4 to 7
Horseradish	4 to 9
Oregano	6 to 9
Berggarten Sage	5 to 10
Lemon Upright Thyme	4 to 9
Lavender	5 to 9
and many many more	
Trees Bushes shrubs and vines	
Grapes	3 to 9
strawberries	4 to 8

hardy kiwi	4 to 10
currents	3 to 8
gooseberries	3 to 8
blueberries	3 to 9.
raspberries	3 to 9,
blackberries	3 to 9,
hops	5 to 9
arctic kiwi	1 to 10
CRANBERRY, AMERICAN PILGRIM	2 to 8
high bush cranberry	2 to 7
rosa rugosa, rose hips	3 to 9
Bush Plums (Prunus)	3 to 9
jujube ziziphus jujuba	4 to 9
Chinese hawthorn Crataegus pinnatifida	6 to 9
Magnolia vine Schisandra chinensis	4 to 9
Szechuan pepper tree Zanthoxylum simulans	6 to 9
Zanthoxylum simulans	5 to 10
NORTH AMERICAN PAW PAW, Asimina triloba	5 to 9
Date palm Phoenix dactylifera	6+
MEDLAR, Mespilus germanica	4 to 9
MULBERRY TREE, Morus spp.	4 to 8
QUINCE, Cydonia oblonga	5 to 9
FIG, Ficus carica	5 to 11
PERSIMMON	5 to 9
PERSIMMON, asian	7 to 11
NECTARINE TREE, Prunus persica	4 to 8
PLUM TREE, Prunus salicina	4 to 10
NASHI PEAR, Pyrus pyrifolia (asian pear)	4 to 9
Standard pear	4 to 9
APPLE TREE, Malus domestica	3 to 10
peach (Prunus persica)	5 to 9
Cherry	4 to 9
APRICOT Prunus Armeniaca	4 to 9
BANANA, GIANT MEKONG Musa 'Giant Mekong' PPAF	6 to 11
FIG, DWARF Ficus carica 'Brown Turkey'	4 to 10
ARONIA Aronia melanocarpa	3 to 9
STRAWBERRY TREE, DWARF Arbutus unedo 'Compacta'	7 to 9
WINTERGREEN, CREEPING Gaultheria procumbens	3 to 8
CHESTNUT Castanea mollissima	4 to 8
ALMOND Prunus amygdalus	5 to 9
AMERICAN BUTTERNUT Juglans cinerea	all
BLACK WALNUT Juglans nigra	4 to 9
HAZELNUT Corylus americana	4 to 9

PECAN <i>Carya illinoensis</i>	5 to 9
HICKORY MAMMOTH <i>Carya laciniosa</i>	5 to 8
BOYSENBERRY	4 to 9
DEWBERRY <i>Rubus</i> c. 'Austin'	6 to 9
GOJI BERRY <i>Lycium barbarum</i>	3 to 10
ELDERBERRY, ADAMS & JOHN <i>Sambucus canadensis</i> 'Johns' & 'Adams'	3 to 9
DOGWOOD, DWARF <i>Cornus canadensis</i>	2 to 8
HONEYBERRY, BLUE VELVET <i>Lonicera caerulea</i> var. <i>edulis</i>	2 to 9
HUCKLEBERRY, GARDEN <i>Solanum melanocerasum</i>	all
JOSTABERRY	2 to 8
SEA BERRY <i>Hippophae rhamnoides</i> 'Leikora' female (sea-buckthorn)	3 to 9
SEA BERRY <i>Hippophae rhamnoides</i> male (sea-buckthorn)	3 to 9
TAYBERRY	1 to 7
LINGONBERRY <i>Vaccinium vitis-idaea</i> L.	3 to 9
Elderberry <i>Sambucus</i> ssp	4 to 9
Goumi <i>elaagnus multiflora</i>	4 to 8
Autumn Olive	2 to 8
Cobnut	3 to 9
Sweet Chestnut <i>Castanea sativa</i> 'Marron De Lyon'	4 to 8
Ginkgo Biloba	4 to 9
sugar maple	3 to 8
Maypop Passionflower	5 to 11
American Beech	3 to 9
Akebias <i>Akebia quintata</i>	4 to 10
Edible Dogwoods	4 to 8
Heartnuts	5 to 8
Oca <i>Oxalis tuberosa</i>	5 to 9
Yacon	5 to 9
Large Fruited <i>Opuntia</i>	6 to 10
Prickly Pear Cactus	6 to 10
butternut	4 to 9
Monkey Puzzle	6 to 10
and many more	
Nitrogen fixing	
Black Locust	4 to 9
Gray Alder, <i>Alnus incana</i> ,	2 to 6
Japanese Pagoda Tree	4 to 8
Alder, Speckled <i>Alnus rugosa</i>	3 to 6
Alder, Smooth <i>Alnus serrulata</i>	5 to 8
Siberian Pea Shrub <i>Caragana arborescens</i>	2 to 7
Russian Pea Shrub, <i>Caragana frutex</i>	2 to 7

Pygmy Pea Shrub, <i>Caragana pygmaea</i>	3 to 7
Bladder Senna, <i>Colutea arborescens</i>	5 to 7
Russian Olive, <i>Elaeagnus angustifolia</i>	2+
Silverberry, <i>Elaeagnus commutata</i>	2 to 6
Kentucky Coffee Tree, <i>Gymnocladus dioica</i>	4+
and many more	
Over 150 plants to get you started, never say again "It's too cold...".	