

PLANT NAME (Annuals/biennials)	SIZE (height x width)	PREFERRED CONDITIONS	PROPAGATION	USES	EXAMPLES OF USES	MAINTENANCE
<i>Papaver rhoas</i> Corn Poppy	70cm            2'4"	Sun-light shade. Bare/disturbed soil.	Broadcast seeds on soil surface.	Eat: Seeds Other: Poll, med,	Collect seeds for use in breads etc. Seed heads for art projects.	None required. Self seeds freely on bare soil.
<i>Calendula officinalis</i> Pot Marigold	50-70 x 30cm 1'8"-2'4" x 1'	Sun- mod shade Most soils	Seed in Sp/Au	Eat: Flowers, leaves, Other: Poll & other beneficial insects, med	Petals add flavour and colour to hot and cold dishes. Healing skin balm made from flowers.	Dead- heading increases flowering. Self-seeds freely.
<i>Tropaeolum minus</i> Nasturtium (bush)	30 x 30cm 1' x1'	Sun- light shade Most soils	Seed in Sp.	Eat: leaves and flowers, green seeds Other: Poll.	Spicy leaves and flowers pep up salads all summer. Pickle green seeds in brine for W use.	Often self-seeds freely
<i>Beta vulgaris</i> Rainbow chard	60 x 40cm 2' -1'4"	Sun – mod shade. Any well-drained soil.	Seed Sp - Su	Eat: leaves and stems, also young flowering shoots. Other: ornamental.	Harvest throughout the year. Excellent stir-fried with chilli and garlic. Stems make good fermented pickle.	Cut leaves at base regularly. Cut back flowering stalks to prolong harvest of leaves.
PLANT NAME (Tree/shrubs)	SIZE (height x width)	PREFERRED CONDITIONS	PROPAGATION	USES	EXAMPLES OF USES	MAINTENANCE
<i>Malus domestica</i> Apple	M26 2.5-4m x 3.5m M106 4-5m	Sun – light shade	Grafting onto rootstock	Eat: Fruit Other:Poll, Med	Eat raw, cooked or processed. Make fruit leather, jam, sauce, wine, dried.	Winter prune to maintain new wood growth.
<i>Prunus domestica</i> Plum	Pixy 2.7-3.5m St Julian A 3.5-4.5m	Sun – light shade	Grafting onto rootstock	Eat: Fruit Other:Poll, Med	Eat raw, cooked or processed. Make fruit leather, jam, sauce, wine dried.	Summer pruning only to remove damaged or diseased growth.
<i>Ribes nigrum</i> Blackcurrant	2 x 1m 6'6" x 3'	Sun – light shade Most soil conditions.	Hardwood cuttings in late Au.	Eat: Fruit Other: Poll, Med ,T, Dye	Eat raw, cooked or processed. Make fruit leather, jam, sauce, wine, dried. Leaves make astringent tea.	Occasional pruning to maintain yield. May need netting if birds stripping bushes.
<i>Ribes rubra</i> Red/Whitecurrant	2 x 1m 6'6" x 3'	Sun – shade Most soil conditions.	Hardwood cuttings in late Au.	Eat: Fruit Other: Poll.	Eat raw, cooked or processed. Make fruit leather, jam, sauce, wine.	Occasional pruning to maintain yield. May need netting if birds stripping bushes.
<i>Ribes uva-crispa</i> Gooseberry	1 x 1.5m 3' x 5'	Sun – mod shade Most soil conditions.	Hardwood cuttings in late Au.	Eat: Fruit Other: Poll.	Eat raw or stewed depending on ripeness/variety.	Occasional pruning to maintain yield.
<i>Lavendula angustifolia</i> English Lavender 'Dwarf Munstead'	45 x 45cm 1'6" x 1'6"	Sun – light shade Well-drained soil	Semi-ripe cuttings in Sp.	Eat: Flowers Other: Poll, med	Many medicinal uses – anti- bacterial, anti-inflammatory, sedative,	Trim in Au any top growth which hasn't already been harvested.

**KEY:**

Poll – beneficial for pollinating insects.

MA – Mineral accumulator – deep roots gather nutrients from the soil, store in top growth and release during winter dieback.

T – leaves make a palatable herbal infusion with medicinal properties

Med – medicinal properties (qualified advice recommended for therapeutic doses).

N fix – bacteria present in root nodules fix Nitrogen in the soil, increasing fertility.

Sp - spring Su – summer

Au – autumn

W - winter