

## Perennial Vegetables, Easy Fruit and Hardy Herbs

Set 'Em & Forget 'Em

Bill Thorness

PERENNIAL VEGETABLES		
<b>THE BIG THREE (and a cousin)</b>		
Common Name	Botanical name	Fun Fact
Globe Artichoke	<i>Cynara scolymus</i>	There also are new annual cultivars
Asparagus	<i>Asparagus officinalis</i>	Member of the Lily family
Rhubarb	<i>Rheum x cultuorum</i>	You can eat the flower bud (but the leaves and root are poisonous)
Cardoon	<i>Cynara cardunculus</i>	Artichoke's cousin, can grow to 8'
<b>BRASSICAS</b>		
Common Name	Botanical name	Fun Fact
Sea Kale	<i>Crambe maritima</i>	Cut the pale new shoots and steam like asparagus
Kosmic Kale	<i>Brassica oleracea</i>	Beautiful ornamental, works great in a pot
Tree Collards or Walking Stick Kale	<i>Brassica oleracea var. acephala</i>	Two names, but one group of plants with the same tree-like growth habit
Homesteader's Kaleidoscopic Perennial Kale Grex	<i>Brassica oleracea</i>	"Grex" means mix; this grex was bred by Chris Homatics from the Snoqualmie Valley
Turkish Rocket	<i>Bunias orientalis</i>	Aka "warty cabbage" but more like a dandelion
<b>GREENS</b>		
Common Name	Botanical name	Fun Fact
Sylvetta arugula	<i>Diplotaxis muralis</i> <i>Diplotaxis tenuifolia</i>	There is also an annual arugula called Sylvetta
Good King Henry	<i>Blitum bonus-henricus</i>	Closely related to spinach
<b>ROOTS</b>		
Sunchoke	<i>Helianthus tuberosus</i>	Also known as Jerusalem artichoke, but is neither
Yacon	<i>Smallanthus sonchifolia</i>	Andean tuber, a "plant/replant" perennial
Oca	<i>Oxalis tuberosa</i>	Aka New Zealand Yam

<b>ALLIUMS</b>		
<b>Common Name</b>	<b>Botanical name</b>	<b>Fun Fact</b>
Topset Onion	<i>Allium cepa var. proliferum</i>	Aka Egyptian Onion or Walking Onion; topsetting bulbils will fall and root, hence “walking” around the garden
Welsh Onion	<i>Allium fistulosum</i>	A “plant/replant” perennial
Chives	<i>Allium schoenoprasum</i>	Fresh purple flowerheads are great in salads
Garlic Chives	<i>Allium tuberosum</i>	Flat leaf as opposed to chives’ round ones
Potato Onion	<i>Allium cepa var. aggregatum</i>	Aka multiplier onion; Close relative of shallots
Perennial Leek	<i>Allium ampeloprasum</i>	A relative of elephant garlic
☀️ <b>EASY FRUIT</b> ☀️		
<b>Common Name</b>	<b>Botanical name</b>	<b>Fun Fact</b>
Blueberry	<i>Vaccinium corymbosum</i>	Self-fertile but more productive if two varieties
Raspberry	<i>Rubus idaeus</i>	Seek out the thumb-sized Tulameen variety
Strawberry	<i>Fragaria x ananassa and F. alpina</i>	Alpine strawberry flavor fresher, denser
Evergreen Huckleberry	<i>Vaccinium ovatum</i>	Northwest native, relative of blueberry
Redcurrant	<i>Ribes rubrum</i>	Tart berries prized for jam
Elderberry	<i>Sambucus caerulea and S. nigra</i>	Powdery blue berry species ( <i>S. caerulea</i> ) is a NW native
Western Serviceberry	<i>Amelanchier alnifolia</i>	Wonderful shrub for wildlife and pollinators
☀️ <b>HARDY HERBS</b> ☀️		
<b>Common Name</b>	<b>Botanical name</b>	<b>Fun Fact</b>
Sage	<i>Salvia officinalis</i>	Berggarten variety: larger leaves great for frying
Rosemary	<i>Rosemarinus officinalis</i>	Good hedge or rockery plant; bee magnet
Sweet Marjoram	<i>Origanum marjorana</i>	Sweeter type of oregano
Greek Oregano	<i>Origanum vulgare hirtum</i>	Stronger flavor than other oreganos
French Tarragon	<i>Artemisia dracunculus</i>	Delicate anise flavor
Anise Hyssop	<i>Agastache foeniculum</i>	Aka licorice mint
French Sorrel	<i>Rumex scutatus</i>	Shorter than garden sorrel; tart and lemony
Winter Savory	<i>Satureja montana</i>	Hardier than summer savory

“When your hands are turned to the soil, you will be full.” -- Hawaiian proverb

**About the Speaker:** Bill Thorness, author of *Cool Season Gardener* and *Edible Heirlooms*, writes for regional media and speaks at gardening events and nurseries around the Pacific Northwest.

