

POP ORCHARD PLANT LIST
Herbaceous Orchard Plants



**PHILADELPHIA
ORCHARD PROJECT**

PERENNIALS

KEY	COMMON NAME	LATIN NAME	HEIGHT?	SHADE?	EDIBLE?	MEDICINAL?	SOIL BUILDER?
pr	Yarrow	Achillea millefolium	3'	Full sun	Yes - leaves	Yes - poultice, digestive aid	Yes - dynamic accumulator
pr	Anise Hyssop	Agastache x	2-4'	Full sun/partia	Yes - leaves a	Yes - coughs, fevers, wounds	No
pr	Walking Onion	Allium proliferum	2'	Full sun	Yes - leaves a	Yes - poultice, coughs, colds	No
pr	Chives	Allium schoenoprasum	1'	Full sun/partia	Yes - leaves	Yes - bones, memory	No
pr	Garlic Chives	Allium tuberosum	1'	Full sun/partia	Yes - leaves, t	Yes - colds, immunity	No
pr	Butterfly Weed	Asclepias tuberosa	2-3'	Full sun	Yes - flower b	No	No
pr	Common Milkweed	Asclepias syriaca	3-4'	Full sun	Yes- flowers, fl	No	No
ao	Asparagus	Asparagus officinalis	2-3'	Full sun/partia	Yes - stalks	No	No
pr	Aster	Aster oblongifolius	2-3'	Full sun/partia	Yes - flowers, l	Yes - decongestant	No
pr	Blue Wood Aster	Aster cordifolius	2-3'	Partial/shade	Yes - leaves	Yes - headaches	No
pr	Wild Indigo	Baptisia australis	2-3'	Full sun/partia	No	Yes - antimicrobial, immunity	Yes - nitrogen fixing
pr	New Jersey Tea	Ceanothus americanus	2-3'	Full sun/partia	Yes - leaves	No	Yes - nitrogen fixing
pr	Tickseed	Coreopsis verticillata	2-4'	Full sun	Yes - young le	Yes - GI issues	No
pr	Purple Coneflower	Echinacea purpurea	2-4'	Full sun	Yes - leaves a	Yes - colds	No
pr	Joe Pye Weed	Eupatorium dubium	5-7'	Full sun/partia	Yes - leaves, r	Yes - diuretic	No
pr	Jerusalem Artichoke	Helianthus tuberosus	8-10'	Full sun/partia	Yes - root	Yes - lowers high cholesterol	No
pr	Swamp Rose Mallow	Hibiscus moscheutos	3-4'	Full sun/partia	Yes - young le	Yes - leaves and roots	No
pr	Alpine Strawberry	Fragaria vesca	1'	Full sun/partia	Yes - fruit	No	No
pr	Fennel	Foeniculum vulgare	3-4'	Full sun/partia	Yes - bulb anc	Yes - seeds and oil	No
pr	Lovage	Levisticum officinale	5-6'	Full sun	Yes - leaves	Yes - leaves	No
pr	Blazing Star	Liatris spicata	2-3'	Full sun	Yes - root	Yes - headaches, earaches	No
pr	Cardinal Flower	Lobelia cardinalis	3-4'	Full sun/partia	No	Yes.- fever and cramps	No
pr	Ostrich Fern	Matteuccia struthiopteris	2-3'	Partial/shade	Yes - fiddlehe	No	No
pr	Beebalm	Monarda didyma	3-4'	Full sun/partia	Yes - leaves and flowers		No
pr	Lemon Balm	Melissa officinalis	2-3'	Full sun/partia	Yes - leaves	Yes - GI issues	No
pr	Beardtongue	Penstemon digitalis	3-4'	Full sun/partia	No	No	No
pr	Solomon's Seal	Polygonatum biflorum	2-4'	Partial/shade	In moderation - young shoots		No
pr	Mountain Mint	Pycnanthemum muticum	2-3'	Full sun/partia	Yes - leaves	Yes - stomach issues, cold	No
pr	Brown-eyed Susan	Rudbeckia fulgida	2-4'	Full sun/partia	No	No	No
pr	Sorrel	Rumex acetosa	1-2'	Full sun/partia	Yes - leaves	Yes - inflammation	Yes - dynamic accumulator
pr	Rhubarb	Rheum x cultorum	2-3'	Full sun/partia	Yes - stalks		No
pr	Showy Stonecrop	Sedum x	2-3'	Full sun	In moderation - leaves		No
pr	Stokes Aster	Stokesia laevis	1-2'	Full sun/partia	Yes - leaves a	Yes - decongestant	No
pr	Hybrid Sage	Salvia nemerosa	2-3'	Full sun/partia	Yes - leaves	Yes - coughs	No
pr	Comfrey	Symphytum x uplandicum	2-3'	Full sun/partia	Yes - leaves	Yes - stomach issues	Yes - dynamic accumulator
pr	Carolina Lupine	Thermopsis villosa	3-4'	Full sun/partia	No	No	Yes - nitrogen fixing

GROUNDCOVERS

KEY	COMMON NAME	LATIN NAME	HEIGHT?	SHADE?	EDIBLE?	MEDICINAL?	SOIL BUILDER?
gc	Calamintha	Calamintha nepeta	12-24"	Full sun/partial	Yes - leaves	Yes - antimicrobial, antioxidant	No
gc	Roman Chamomile	Chamomile nobile	3-6"	Full sun	Yes - leaves	Yes - anxiety, sleep	No
gc	Golden Star	Chrysogonum virginianum	8-12"	Partial/shade	No	No	No
fa	Strawberry	Fragaria x annanassa	6-8"	Full sun	Yes - fruit	Yes - diabetes, high cholesterol	No
gc	Dwarf Peppermint	Mentha piperita	12-24"	Full sun/partial	Yes - leaves	Yes - stomach issues, colds	No
gc	Catmint	Nepeta faassennii	8-12"	Full sun/partial	No	Yes - stomach issues, colds	No
gc	Oregano/Marjoram	Origanum spp	12-24"	Full sun/partial	Yes - leaves	Yes - antioxidant, anti-inflammatory	No
gc	Creeping Raspberry	Rubus calycinoides	6-8"	Partial/shade	Yes - fruit	Yes - antioxidant, muscle relaxant	No
gc	Dwarf Goldenrod	Solidago sphaecelata	12-18"	Full sun/partial	Yes - leaves	Yes - asthma, gout, arthritis, diabetes	No
gc	Wood Betony	Stachys officinalis	12-18"	Full sun/partial	Yes - leaves	Yes - heartburn, gastritis	No
gc	Thyme	Thymus spp	6-12"	Full sun	Yes - leaves	Yes - stomach issues, sore throat	No
gc	Barren Strawberry	Waldsteinia fragaroides	6-8"	Partial/shade	No	No	No
gc	Lamb's Ear	Stachys byzantina	12-18"	Full sun/partial	Yes - leaves	Yes - poultice; antibacterial	No
gc	Marjoram	Origanum majorana	12-18"	Full sun	Yes - leaves	Yes - digestive aid	No

POLLINATORS?

Yes

Yes

Yes

Yes

Yes

Yes

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