



# POP Orchard Plant List

<b><u>TREES</u></b>		<i>Wide x Tall</i>				
<b>COMMON NAME</b>	<b>LATIN NAME</b>	<b>SIZE?</b>	<b>EASY?</b>	<b>SELF-FERTILE?</b>	<b>SHADE?</b>	<b>FRUIT TIME?</b>
<b>American Persimmon</b>	Diospyros virginiana	30-40'	Easy	Male/female*	Partial	Oct-Nov
<b>Apple</b>	Malus pumila	8-18'	Difficult	Need two*	Full sun	Aug-Oct
<b>Apricot</b>	Prunus armeniaca	15-18'	Moderate	Partially	Full sun	June-July
<b>Asian Pear</b>	Pyrus pyrifolia	15-18'	Moderate	Need two*	Full sun	Aug-Sept
<b>Asian Persimmon</b>	Diospyros kaki	10-15'	Easy	Self-fertile	Full sun	Sept-Oct
<b>Chestnut</b>	Castanea spp	30-40'	Easy	Need two	Full sun	Sept
<b>Fig</b>	Ficus carica	12-18'	Easy	Self-fertile	Full sun	Aug-Oct
<b>Hardy Almond</b>	Prunus dulcis x persica	15-18'	Moderate	Self-fertile	Full sun	Sept
<b>Hazel/Filbert</b>	Corylus spp	10-15'	Moderate	Need three	Partial	Sept
<b>Juneberry/Serviceberry</b>	Amelanchier spp	12-20'	Easy	Self-fertile	Partial	June
<b>Jujube</b>	Ziziphus jujuba	12-15'	Easy	Need two*	Full sun	Sept-Oct
<b>Medlar</b>	Mespilus germanica	20'	Easy	Self-fertile	Partial	Oct-Nov
<b>Mulberry</b>	Morus x	25-30'	Easy	Self-fertile	Partial	June-July
<b>Paw Paw</b>	Asimina triloba	15-20'	Easy	Need two	Partial	Sept
<b>Peach/Nectarine</b>	Prunus persica	15-20'	Difficult	Self-fertile	Full sun	July-Aug
<b>European Pear</b>	Pyrus communis	15-20'	Moderate	Need two	Full sun	Aug-Sept
<b>Pie Cherry</b>	Prunus cerasus	12-15'	Moderate	Self-fertile	Partial	June
<b>Plum</b>	Prunus spp	15-18'	Moderate	Need two*	Full sun	July-Aug
<b>Pomegranate</b>	Punica granatum	8-15'	Easy	Self-fertile	Full sun	Sept
<b>Sweet Cherry</b>	Prunus avium	15-20'	Moderate	Need two*	Full sun	June-July
<b>Trifoliolate Orange</b>	Poncirus trifoliata	10-15'	Easy	Self-fertile	Partial	Oct

<b><u>VINES</u></b>						
<b>COMMON NAME</b>	<b>LATIN NAME</b>	<b>SIZE?</b>	<b>EASY?</b>	<b>SELF-FERTILE?</b>	<b>SHADE?</b>	<b>FRUIT TIME?</b>
<b>Grape</b>	Vitis spp	10-12'	Moderate	Self-fertile	Full sun	Aug-Sep
<b>Kiwiberry</b>	Actinidia	10-12'	Easy	Male/female*	Partial	Oct-Nov
<b>Maypop</b>	Passiflora incarnata	8-10'	Easy	Self-fertile	Full sun	Sep-Oct



<b><u>SHRUBS</u></b>						
		<i>Wide x Tall</i>				
<b>COMMON NAME</b>	<b>LATIN NAME</b>	<b>SIZE?</b>	<b>EASY?</b>	<b>SELF-FERTILE?</b>	<b>SHADE?</b>	<b>FRUIT TIME?</b>
<b>Goumi</b>	Eleagnus multiflora	4x7'	Easy	Self-fertile	Partial	May-June
<b>Nanking Cherry</b>	Prunus tomentosa	4x7'	Easy	Need two	Full sun	June-July
<b>Elderberry</b>	Sambucus nigra	5x12'	Easy	Partially	Partial	Aug
<b>Siberian Peashrub</b>	Caragana arborescens	18x20'	Easy	Self-fertile	Partial	May
<b>Honeyberry</b>	Lonicera caerulea edulis	6x6'	Easy	Need two	Partial	June
<b>Gojiberry</b>	Lycium barbarum	6x6'	Easy	Self-fertile	Partial	July
<b>Northern Bayberry</b>	Myrica pensylvanica	10x10'	Easy	Need two	Partial	March
<b>Virginia Rose</b>	Rosa virginiana	4x6'	Moderate	Self-fertile	Full sun	Sept
<b>American Cranberrybush</b>	Viburnum trilobum	12x12'	Easy	Self-fertile	Partial	Sept

<b><u>BERRIES/BRAMBLES</u></b>						
		<i>Wide x Tall</i>				
<b>COMMON NAME</b>	<b>LATIN NAME</b>	<b>SIZE?</b>	<b>EASY?</b>	<b>SELF-FERTILE?</b>	<b>SHADE?</b>	<b>FRUIT TIME?</b>
<b>Alpine strawberry</b>	Fragaria vesca	1x1'	Easy	Self-fertile	Partial	June, Sep-Oct
<b>Strawberry</b>	Fragaria x annanassa	1'x1'	Easy	Self-fertile	Full sun	June
<b>Black Raspberry</b>	Rubus occidentalis	3x5'	Moderate	Self-fertile	Full sun	June
<b>Blackberry</b>	Rubus spp	3x7'	Moderate	Self-fertile	Full sun	July-Aug
<b>Clove Currant</b>	Ribes odoratum	3x3'	Easy	Self-fertile	Full sun	July
<b>Gooseberry</b>	Ribes hirtellum	3x3'	Moderate	Self-fertile	Partial	July
<b>Highbush Blueberry</b>	Vaccinium corymbosum	3x6'	Moderate	Partially	Partial	June-Aug
<b>Jostaberry</b>	Ribes x	3x4'	Easy	Self-fertile	Partial	July
<b>Red/White Currant</b>	Ribes rubrum	3x3'	Easy	Self-fertile	Partial	July
<b>Red/Yellow Raspberry</b>	Rubus idaeus	2x5'	Moderate	Self-fertile	Full sun	June, Sept-Oct



**Medicinal Info Disclaimer:** The information presented on this sheet is for informational, reference, and educational purposes only and should not be interpreted as a substitute for diagnosis and treatment by a healthcare professional. Always consult a healthcare professional or medical doctor when suffering from any health ailment, disease, illness, or injury, or before attempting any traditional or folk remedies. As with any natural product, they can be toxic if misused.

The Philadelphia Orchard Project stresses that you should not consume parts of any wild edible plants, herbs, weeds, trees, or bushes until you have verified with your health professional that they are safe for you. As with any new foods that you wish to try, it is best to introduce them slowly into your diet in small amounts. Unless you are accustomed to using plants in your family, beware when sharing with young ones. We have listed a few indications meaning what the plant can help support in the body, as well as contraindication which is when you should avoid them. All bodies are different and will have different interactions with these plants.

<b>HERBACEOUS PERENNIALS</b>								
<b>COMMON NAME</b>	<b>LATIN NAME</b>	<b>Height</b>	<b>SHADE ?</b>	<b>EDIBLE?</b>	<b>INDICATIONS</b>	<b>CONTRA IND. (Do not use if)</b>	<b>SOIL BUILDER?</b>	<b>NATIVE ?</b>
<b>Yarrow</b>	Achillea millefolium	3'	Full sun	Leaves and flowering tops	Anti-bacterial, Stimulant, Aromatic	Pregnancy	Yes - dynamic accumulat or	Yes
<b>Anise Hyssop</b>	Agastache x	2-4'	Full sun/ partial	Aerial parts	Anti-inflamma tory, Tonic	Pregnancy, young children	No	Yes
<b>Walking Onion</b>	Allium proliferum	2'	Full sun	Leaves and bulb	Anti-bacterial	Heartburn	No	No
<b>Chives</b>	Allium schoenoprasu m	1'	Full sun/ partial	Leaves	Anti-bacterial	Heartburn	No	No
<b>Garlic Chives</b>	Allium tuberosum	1'	Full sun/ partial	Leaves, bulb, flower, seeds	Anti-bacterial	Heartburn	No	No
<b>Butterfly Weed</b>	Asclepias tuberosa	2-3'	Full sun	Flower buds, shoots	-	-	No	Yes
<b>Common Milkweed</b>	Asclepias syriaca	3-4'	Full sun	Flowers, Buds	Analgesic	Pregnancy, Heart medications	No	Yes
<b>Asparagus</b>	Asparagus officinalis	2-3'	Full sun/ partial	Stalks	Nervous system	Pregnancy	No	No
<b>Aster</b>	Aster oblongifolius	2-3'	Full sun/ partial	Flowers	Decongestant	Compositae Allergy	No	Yes




<b>Blue Wood Aster</b>	Aster cordifolius	2-3'	Partial/shade	Leaves	Headaches	Compositae Allergy	No	Yes
<b>Wild Indigo</b>	Baptisia australis	2-3'	Full sun/partial	No	Antimicrobial, immune support	Pregnancy, Intestinal sensitivity	Yes - nitrogen fixing	Yes
<b>New Jersey Tea</b>	Ceanothus americanus	2-3'	Full sun/partial	Leaves	Expectorant	Pregnancy	Yes - nitrogen fixing	Yes
<b>Tickseed</b>	Coreopsis verticillata	2-4'	Full sun	Young leaves	-	-	No	Yes
<b>Purple Coneflower</b>	Echinacea purpurea	2-4'	Full sun	Leaves, flowers, roots	Immune support, upper respiratory	Compositae Allergy	No	Yes
<b>Joe Pye Weed</b>	Eupatorium dubium	5-7'	Full sun/partial	No	-	-	No	Yes
<b>Jerusalem Artichoke</b>	Helianthus tuberosus	8-10'	Full sun/partial	Root	High cholesterol	Gas	No	No
<b>Swamp Rose Mallow</b>	Hibiscus moscheutos	3-4'	Full sun/partial	Young leaves and flowers	Anti-inflammatory, Laxative	Pregnancy	No	Yes
<b>Alpine Strawberry</b>	Fragaria vesca	1'	Full sun/partial	Fruit, leaves	Laxative, tonic	Pregnancy	No	No
<b>Fennel</b>	Foeniculum vulgare	3-4'	Full sun/partial	Aerial parts	Digestive aid	Pregnancy	No	No
<b>Lovage</b>	Levisticum officinale	5-6'	Full sun	Leaves	Anti-inflammatory	Impaired kidney	No	No
<b>Blazing Star</b>	Liatris spicata	2-3'	Full sun	Root	Headaches, earaches	Compositae Allergy	No	Yes
<b>Cardinal Flower</b>	Lobelia cardinalis	3-4'	Full sun/partial	Aerial parts	Upper respiratory, febrifuge	Use in low doses	No	Yes
<b>Ostrich Fern</b>	Matteuccia struthiopteris	2-3'	Partial/shade	Fiddleheads	-	-	No	Yes
<b>Beebalm</b>	Monarda didyma	3-4'	Full sun/partial	Aerial parts	Anti-viral, anti-bacteria	Pregnancy	No	Yes
<b>Lemon Balm</b>	Melissa officinalis	2-3'	Full sun/partial	Aerial parts	Anxiety, Anti-bacterial	Sleep or thyroid medication	No	No
<b>Beardtongue</b>	Penstemon digitalis	3-4'	Full sun/partial	No	-	-	No	Yes



<b>Solomon's Seal</b>	<i>Polygonatum biflorum</i>	2-4'	Partial/shade	Young shoots	Bruises, Anti-inflammatory	Use in low doses; surgery, pregnancy	No	Yes
<b>Mountain Mint</b>	<i>Pycnanthemum muticum</i>	2-3'	Full sun/partial	Leaves	Stomach issues, colds	Heartburn	No	Yes
<b>Brown-eyed Susan</b>	<i>Rudbeckia fulgida</i>	2-4'	Full sun/partial	No	-	-	No	Yes
<b>Sorrel</b>	<i>Rumex acetosa</i>	1-2'	Full sun/partial	Leaves	Anti-inflammatory	Children, Pregnancy, Breastfeeding	Yes - dynamic accumulator	Yes
<b>Rhubarb</b>	<i>Rheum x cultorum</i>	2-3'	Full sun/partial	Stalks	-	Children, Pregnancy, Breastfeeding	No	No
<b>Showy Stonecrop</b>	<i>Sedum x</i>	2-3'	Full sun	Leaves	Upper respiratory	Use in low doses;	No	No
<b>Stokes Aster</b>	<i>Stokesia laevis</i>	1-2'	Full sun/partial	Leaves and flowers	-	Compositae Allergy	No	Yes
<b>Hybrid Sage</b>	<i>Salvia nemerosa</i>	2-3'	Full sun/partial	Leaves	Aromatic, Anti-inflammatory	Avoid if using sedative medications	No	No
<b>Comfrey</b>	<i>Symphytum x uplandicum</i>	2-3'	Full sun/partial	Leaves	Analgesic	Use in low doses;	Yes - dynamic accumulator	No
<b>Carolina Lupine</b>	<i>Thermopsis villosa</i>	3-4'	Full sun/partial	No	-	-	Yes - nitrogen fixing	Yes



## HERBACEOUS GROWDCOVERS

COMMON NAME	LATIN NAME	Height	SHADE ?	EDIBLE?	INDICATIONS	CONTRA IND. 	SOIL BUILDE R?	NATIVE ?
<b>Calamintha</b>	Calamintha nepeta	12-24"	Full sun/partial	Leaves	Antioxidant, anti-inflammatory	Pregnancy, Breastfeeding	No	No
<b>Roman Chamomile</b>	Chamomile nobile	3-6"	Full sun	Aerial parts	Calming, Heartburn	Asthma	No	No
<b>Golden Star</b>	Chrysogonum virginianum	8-12"	Partial/shade	No	-	-	No	Yes
<b>Strawberry</b>	Fragaria x annanassa	6-8"	Full sun	Fruit and leaves	Anti-inflammatory	-	No	No
<b>Dwarf Peppermint</b>	Mentha piperita	12-24"	Full sun/partial	Leaves	Aromatic, Digestive, Tonic	Heartburn	No	No
<b>Catmint</b>	Nepeta faassennii	8-12"	Full sun/partial	Leaves	Indigestion, febrifuge	Pregnancy, Breastfeeding	No	No
<b>Oregano</b>	Origanum spp	12-24"	Full sun/partial	Leaves	Aromatic, anti-inflammatory	Lamiaceae allergy	No	No
<b>Marjoram</b>	Origanum majorana	12-18"	Full sun	Leaves	Anti-microbial	Pregnancy, Ulcer medication	No	No
<b>Creeping Raspberry</b>	Rubus calycinoides	6-8"	Partial/shade	Fruit, Leaves	Antioxidant, Sedative	-	No	No
<b>Dwarf Goldenrod</b>	Solidago sphaecelata	12-18"	Full sun/partial	Leaves and flowers	Asthma, arthritis	Pregnancy	No	Yes
<b>Lamb's Ear</b>	Stachys byzantina	12-18"	Full sun/partial	Leaves	Bug stings	External use only	No	No
<b>Wood Betony</b>	Stachys officinalis	12-18"	Full sun/partial	Leaves	Anxiety, Anti-inflammatory	Low blood pressure	No	Yes
<b>Thyme</b>	Thymus spp	6-12"	Full sun	Aerial parts	Respiratory, aromatic	Lamiaceae allergy, Surgery	No	No
<b>Barren Strawberry</b>	Waldsteinia fragaroides	6-8"	Partial/shade	No	-	-	No	Yes