

<b>Food Forest Plant List</b>	<b>Zone 2-3</b>			
<b>Species</b>	<b>Function</b>	<b>Species</b>	<b>Function</b>	<b>Minerals</b>
<b>1) Canopy - Fruit Trees</b>		<b>4) Herbaceous Layer</b>		
Honeycrisp Apple	Food, wine, cider	Comfrey	DA	K,P,Ca,Cu,Fe, Mg
Goodyear Apple	Food, wine, cider	Yarrow	DA	K,P,Cu
Crabapple	Food, wine, cider	Chives	DA, herb	K, Ca
Evan's Cherry	Food, wine	German Chamomile	DA, tea, medicine	K, P, Ca
Cupid Cherry	Food, wine	Lupine	DA	P, N
Juliet Cherry	Food, wine	Dandelion	DA, tea, medicine, wine	K, P, Ca, Cu, Fe, Mg
Romeo Cherry	Food, wine	Violets	DA, food, tea	P
Manchurian Apricot	Food, wine	Rhubarb	Food, wine	
Pembina Plum	Food, wine			
Golden Pear	Food, wine	<b>5) Rhizosphere Layer</b>		
		Carrots	Food	
<b>2) Tall Shrub Layer</b>		Parsnips	Food	
John's Elderberry	Food, medicine, wine	Beets	Food	
Highbush Cranberry	Food, wine			
Hazlenut	Food	<b>6) Ground Cover</b>		
Siberian Pea shrub	Nitrogen Fixer	Strawberries	DA, food, wine	Fe
Russian Pea shrub	Nitrogen Fixer	Lemon Balm	DA, herb, tea	P
Russina Olive	Nitrogen Fixer	Mint	DA, herb, tea	K, Mg
Silverberry	Nitrogen Fixer	Clovers	DA	P, N
Autumn Olive	Nitrogen Fixer			
Sea Buckthorn	Nitrogen Fixer	<b>7) Climbers &amp; Vines</b>		
Northern Bayberry	Nitrogen Fixer	Arctic Kiwi	Food	
		Grapes	Food, wine	
<b>3) Shrub Layer</b>		Nasturtiums	Food	
Blueberries	Food, wine			
Haskapps	Food, wine		<b>Key</b>	
Thoreson Gooseberry	Food		Ca = Calcium	Mg = Magnesium
Jahn's Prairie Gooseberry	Food		Cu = Copper	N = Nitrogen
Wild Rose	Food, tea		Fe = Iron	P = Phosphorous
			K = Potassium	S = Sulfur