

# wellness from the ground up

## Plant List – Summer 2016

To place an order, contact Jon Storvick at (571) 340-8665 or email <u>jon@storvickfarms.com</u> We can deliver to Central and Northern Virginia, and the DC Metro area, email for delivery, pickup, or shipping information.

## Trees:

**Black Locust**, *Robinia pseudoacacia* – Nitrogen-fixing native tree, provides fertility to surrounding plants. Rot-resistant wood lasts up to 75 years with ground contact! Fantastic, high BTU output firewood. Edible flowers, also great for pollinators. 3 gallon pot - \$25

**Downy Hawthorn**, *Crataegus mollis* – Attractive native large shrub or small tree. Beautiful white flowers in spring, brilliant scarlet edible fruits in summer – great for eating fresh or making into jams, jellies, wines, etc. 3 gallon pot - \$25

<u>Turkish Filbert</u>, *Corylus colurna* – Largest plant of the hazelnut genus, can reach 80' or more – but can also be kept smaller with coppicing or pruning. Stately pyramidal form provides an extremely attractive street or shade tree. Produces tasty hazelnuts in Fall. 3 gallon pot - \$25

#### Shrubs:

<u>American Hazelnut</u>, *Corylus americana* – One of our native North American hazelnuts. Great landscape plant, especially when massed. Often used for erosion control, windbreaks, and hedges. Excellent-tasting small hazelnuts in Fall. 1 gallon pot - \$15

**Blueberry (Dwarf)**, *Vaccinium* x 'Top Hat' – Full-sized blueberries on a compact, 1-2' shrub! Awesome used as an edible border plant, or tucked into perennial beds. 4.5" deep pot - \$10

**Blueberry (Half-High)**, *Vaccinium* x 'Northland' – All the power of a highbush blueberry packed into a 3-4' shrub that fits well into the home landscape. Use as a foundation plant or in a shrub border. 4.5" deep pot - \$10

**Blueberry (Lowbush)**, *Vaccinium angustifolium* 'Brunswick' – Excellent groundcover-type blueberry only reaches about 8-10" high, slowly spreading. Excellent wild-type blueberries! Turns brilliant shades of scarlet and orange in the Fall. 4.5" deep pot - \$10

**<u>Goji Berry</u>**, *Lycium barbarum* – Goji berries are one of the most potent "superfoods" in existence! Incredibly high in antioxidants and other nutrients, and delicious to boot! 4.5" deep pot - \$15

<u>Nanking Bush Cherry</u>, *Prunus tomentosa* – One of the best fruiting shrubs for all landscapes – literally covered in beautiful cherry blossoms in Spring, and packed full of small, flavorful cherries in late summer. 1 gallon pot - \$18

<u>New Jersey Tea, Ceanothus americanus</u> – Native nitrogen-fixing shrub (provides fertility to nearby plants) has beautiful white flowers which are attractive to pollinators and other beneficial insects. Leaves can be used as a tea substitute – while it does not contain caffeine, it is remarkably similar in taste to real tea! 1 gallon pot - \$15

**<u>Rugosa Rose</u>**, *Rosa rugosa* – Excellent wild-type rose makes a great hedge or fencerow plant, or used in a shrub border. Large, edible rose hips make excellent tea, jams & jellies. 3 gallon pot - \$20

#### **Perennials:**

<u>Alpine Strawberry</u>, *Fragaria vesca* 'Mignonette' – Alpine strawberries may have small "berries," but pack more flavor into a single fruit than an entire box of typical garden strawberries! Day-neutral plants keep producing fruits from late spring through fall, and are an excellent evergreen groundcover. 'Mignonette' is a French-type cultivar with excellent wild strawberry flavor. 4.5" deep pot - \$7

<u>Alpine Strawberry</u>, *Fragaria vesca* 'Reine des Vallees' – Alpine strawberries may have small "berries," but pack more flavor into a single fruit than an entire box of typical garden strawberries! Day-neutral plants keep producing fruits from late spring through fall, and are an excellent evergreen groundcover. 'Reine des Vallees' is the standard European variety for commercial production. 4.5" deep pot - \$7

<u>Alpine Strawberry, Fragaria vesca 'Yellow Wonder'</u> – Alpine strawberries may have small "berries," but pack more flavor into a single fruit than an entire box of typical garden strawberries! Day-neutral plants keep producing fruits from late spring through fall, and are an excellent evergreen groundcover. "Yellow Wonder" is a white/yellow-fruited variety – which keeps birds away, as they believe the fruits are unripe. Slight pineapple flavor and aroma. VERY productive plants! 4.5" deep pot - \$7

Anise Hyssop/Korean Mint, Agastache x 'Blue Boa' – 'Blue Boa' is a hybrid Agastache with significant Korean Mint (A. rugosa) parentage. Absolutely STUNNING in the landscape, plants produce vivid blue flower spikes from late Spring or early Summer all the way through frost – great for attracting beneficial insects! Fragrant leaves make a fantastic tea. Plant Patent # 24050 – unauthorized propagation prohibited. 4.5" deep pot - \$10

**Balloonflower**, *Platycodon grandiflorus* 'Sentimental Blue' – Compact dwarf plant (8-12") produces beautiful blue flowers from June-August. Attracts birds, butterflies, and pollinators. Greens are edible when cooked. Long history of use in Chinese medicine. 4.5" deep pot - \$10

**Bee Balm**, *Monarda didyma* – Scarlet red flowers from July-August attract pollinators and beneficial insects. Deliciously fragrant foliage makes a wonderful tea. 4.5" deep pot - \$7

**Black-eyed Susan**, *Rudbeckia fulgida* var. *sullivantii* 'Goldsturm' – Stunning wildflower for any garden!!! Yellow blooms with black centers from June-September, sometimes even longer. Excellent plant for attracting beneficial insects. 4.5" deep pot - \$8

<u>Blanketflower</u>, *Gaillardia aristata* – Incredibly long-lasting wildflower – blooms from May – October or until first frost. Brilliant sunburst-like flowers. Attracts beneficial insects. 4.5" deep pot - \$7

<u>Chives, Allium schoenoprasum</u> – Classic culinary herb with mild onion flavor. Great planted under fruit trees – attracts beneficial insects and can help to repel deer. Lavender-pink flowers in mid-late spring are also edible, great addition to salads! 4.5" deep pot - \$5

**Comfrey**, *Symphytum* x *uplandicum* 'Bocking 14' – One of the ultimate plants for the permaculture garden! Improves soil quality - nutrient-rich leaves can be cut back several times a year to use as mulch, made into a liquid fertilizer, or added to compost. Fantastic medicinal plant with long history of use in speeding healing of wounds, broken bones, etc. 4.5" deep pot - \$7

<u>Creeping Raspberry</u>, *Rubus hayata-koidzumii* – Slowly creeping evergreen groundcover, produces small, golden-orange raspberries. Fantastic plant that fills in around taller plants without climbing or smothering them. 4.5" deep pot - \$10

<u>Garlic Chives</u>, <u>Allium tuberosum</u> – Similar to "regular" chives (*A. schoenoprasum*) but with a delicious mild garlic flavor, and used similarly in the garden and in the kitchen. White flowers bloom in late Summer/early Fall. 4.5" deep pot - \$5

Lavender, Lavandula angustifolia 'Munstead' – Incredibly fragrant and useful plant, with stunning lavender-blue flowers from June-August. 'Munstead' is the classic English culinary lavender, great used as a spice or a fragrance. Essential oil made from the plant is very popular for its health benefits. 4.5" deep pot - \$8

**Lemon Balm**, *Melissa officinalis* – One of the greatest plants for making herbal tea! Powerful lemon fragrance and taste. Contains citronella, and can be used as a natural mosquito repellant! 4.5" deep pot - \$7

Mint (Berries & Cream), Mentha x 'Berries and Cream' – Excellent culinary mint with a fruity aroma. 4.5" deep pot - \$7

<u>Mint (Candy Lime)</u>, <u>Mentha x 'Jim's Candy Lime'</u> – Amazing lime-scented mint is perfect for teas, mojitos, or cooking. 4.5" deep pot - \$7

<u>Mint (Corsican)</u>, <u>Mentha requienii</u> – Not your normal mint, this tiny plant only reaches 1-2" tall and makes the perfect ground cover for moist, shady areas. Looks incredible when planted between paving stones! Corsican mint is the source of flavor in Crème de Menthe liqueurs. 4.5" deep pot - \$7

<u>Mint (Orange)</u>, <u>Mentha x piperita f. citrata</u> – A variety of peppermint with an astounding orange-citrus aroma. Fantastic for summer drinks and desserts! 4.5" deep pot - \$7

<u>Mint (Peppermint)</u>, <u>Mentha x piperita</u> – The classic peppermint we know and love – great for teas, baking, and desserts. 4.5" deep pot - \$5

Mint (Pineapple), Mentha suaveolens 'Variegata' – Pineapple mint is a MUST HAVE for any garden! Striking variegated foliage has lime-green centers surrounded by white edges, and occasionally produces pure white leaves. Amazing pineapple aroma adds incredible flavor to teas and other beverages – pineapple mint mojitos or mint juleps are to die for! 4.5" deep pot - \$7

<u>Mint (Sweet Lemon)</u>, <u>Mentha x 'Hillary's Sweet Lemon'</u> – Excellent mint with an apple-lemon fragrance and flavor. 4.5" deep pot - \$7

**New England Aster (Dwarf)**, *Symphyotrichum novae-angliae* 'Purple Dome' – One of our favorite plants, 'Purple Dome' New England aster is great for any garden. The species can reach 6-8' high, but 'Purple Dome' is a compact dwarf variety which only grows up to 2'. Plants are literally covered in deep purple daisy-type flowers from July-September or even later – when everyone else's garden has started to wrap up for the year, you'll have vivid flowers still blooming! Excellent for attracting beneficial insects. 4.5" deep pot - \$10

**<u>Oregano (Hot & Spicy)</u>**, *Origanum vulgare 'Hot & Spicy'* – An amazing oregano with a fantastic, pungent flavor and aroma. You'll create the best Italian meals ever with this one! 4.5" deep pot - \$7

**Pink Tickseed**, *Coreopsis rosea* 'American Dream' – A great plant for attracting beneficial insects and butterflies, pink tickseed is covered in small pink blooms from June-August. 4.5" deep pot \$7

**Purple Coneflower**, *Echinacea purpurea* 'Ruby Star' – 'Ruby Star' is a stunning variety of purple coneflower, with incredibly vivid pink-purple blooms that last from June-August and often later. Great for attracting butterflies and other beneficial insects, also used medicinally. 4.5" deep pot - \$8

<u>**Red-Veined Sorrel**</u>, <u>*Rumex sanguineus*</u> – Beautiful green leaves are streaked through with red veins – you will not want to pass this one up for your edible landscape! Leaves make a great addition to salads or as cooked greens. 4.5" deep pot - \$7

**<u>Roman Chamomile, Chamaemelum nobile</u>** – Excellent ground cover with fragrant foliage and flowers. Small white daisy-type flowers bloom from June all the way through frost, and can be dried to make chamomile tea! 4.5" deep pot - \$5

**Rosemary (Blue Rain)**, *Rosmarinus officinalis* 'Blue Rain' – A trailing-type rosemary, works wonderfully as a groundcover, trailing over stone walls, or used in hanging baskets. Used the same as any culinary rosemary. 4.5" deep pot - \$8

**Rosemary (Foxtail)**, *Rosmarinus officinalis* 'Foxtail' – 'Foxtail' is a semi-prostrate variety of rosemary – it only reaches 1-3' high with arching stems in a plume-like habit. Great in the kitchen as well! 4.5" deep pot - \$8

**Rosemary (Huntington Carpet)**, *Rosmarinus officinalis* 'Huntington Carpet' – 'Huntington Carpet' is a great groundcover rosemary, only reaching about 8" tall and trailing across the ground. 4.5" deep pot - \$8

<u>Sage (Dwarf)</u>, <u>Salvia officinalis</u> 'Nana' – Imagine all the punch of normal garden sage, but in a dwarf plant that only reaches 8-10" tall! Great used at the front of borders, or tucked between taller plants. Beautiful when planted in masses. 4.5" deep pot - \$7

<u>Sea Holly (Dwarf)</u>, *Eryngium planum* 'Blue Hobbit' – You will not believe how amazing the deep blue flowers are on this plant! Blooms last from June through frost, and are an incredible nectar source for all kinds of beneficial insects, especially pest predators. 4.5" deep pot - \$10

<u>Stinging Nettle</u>, <u>Urtica dioica</u> – Leaves contain stinging "hairs" which can be unpleasant on the skin – but pick with gloves, steam for a few minutes (which destroys the hairs), and they become a delicious and super-nutritious cooked green! Excellent in soups! Also can be cut back several times a year to provide nutrients to the soil as mulch or added to compost. 4.5" deep pot - \$7

<u>Yarrow (White)</u>, *Achillea millefolium* – Attractive white blooms from June-frost and beautiful, feathery foliage. Attracts beneficial insects, greens are edible or can be used as a garnish. 4.5" deep pot - \$7

<u>Yarrow (Moonshine)</u>, *Achillea* x 'Moonshine' – Feathery, silver-gray foliage and brilliant yellow flower clusters that bloom from June to frost make this a wonderful plant for every garden. One of our favorites for attracting beneficial insects! 4.5" deep pot - \$10

<u>Yellow Tickseed</u>, *Coreopsis* x 'Cosmic Eye' – 'Cosmic Eye' is one of the best Tickseed cultivars available: incredible bright yellow flowers with deep scarlet eyes and golden centers bloom from early Summer through Fall – an average bloom time of 22 weeks! Plants are compact, only reaching 1' tall. Another wonderful plant for attracting beneficial insects! **Plant Patent # 22601 – unauthorized propagation prohibited.** 4.5" deep pot - \$10