

Food Forest Plant List for Calgary, AB & Area

* Indicates nitrogen fixing species

- N indicates native species (North America)

1. Canopy Trees

- a. Nut Pines
- b. Linden
- c. Bur Oak
- d. Black Walnut
- e. Bristlecone Pine
- f. Limber Pine
- g. Ponderosa Pine - N
- h. Larch - N

2. Understory Trees

- a. Apple
- b. Crab Apple
- c. Pear
- d. Plum
- e. Cherry
- f. Apricot
- g. Sea Buckthorn *
- h. Edible Mountain Ash
- i. Mulberry
- j. Russian Olive *
- k. Trebizond Date
- l. Autumn Olive *
- m. Goumi Berry *
- n. Alders * - N
- o. Hawthorn - N
- p. Hazelnut - N

3. Shrubs

- a. Saskatoon - N
- b. Nanking Cherry
- c. Honeyberry/ Haskap
- d. Currants - N
- e. Gooseberry - N
- f. Buffalo Berry - N
- g. Raspberry - N
- h. Blueberry

- i. Lowbush/ Arctic Blueberry - N
- j. Rosehip - N
- k. Caragana *
- l. Lilac
- m. Juniper - N
- n. Oregon Grape - N
- o. Cloud Berry - N
- p. Highbush Cranberry - N
- q. Bog Cranberry (*Vaccinium*)
- r. Aronia, Chokeberry - N

4. Herbaceous

- a. Comfrey
- b. Lovage
- c. Hostas
- d. Mint
- e. Ostrich Fern - N
- f. Rhubarb
- g. Lemon Balm
- h. Bee Balm - N
- i. Tarragon
- j. Day Lily
- k. Borage
- l. Orach
- m. Chamomile
- n. Dill
- o. Arugula
- p. Lambs Quarters
- q. Pennycress
- r. Chives
- s. Garlic Chives
- t. Daffodils
- u. Echinacea
- v. Walking Onions
- w. Wild Ramps - N
- x. Plantain
- y. Solomon's Seal
- z. Good King Henry
- aa. Sorrel
- bb. Nettles
- cc. Sweet Cicely
- dd. Asparagus
- ee. Dandelion
- ff. Lupines

- gg. Yarrow - N
- hh. Wild Onions - N
- ii. Sarsaparilla - N
- jj. Goldenrod
- kk. Fireweed
- ll. Valerian
- mm. Rhodiola
- nn. Mullein
- oo. Water Celery
- pp. Skirret
- qq. Fuki
- rr. Turkish Rocket
- ss. Sea Kale
- tt. Watercress
- uu. Yam (*Dioscorea*)
- vv. Camas - A (Not death camas!)
- ww. Water Lotus (this one is a stretch but apparently zone 4 growing)
- xx. Sweet Fern

5. Ground Cover

- a. White Dutch Clover *
- b. Chickweed
- c. Creeping Thyme
- d. Strawberry
- e. Wild Strawberry - N
- f. Alpine Strawberry
- g. Kinnikinnick, Bearberry - N
- h. Plantain
- i. Violets - N
- j. Silver Weed - N
- k. Stonecrop/ Sedum
- l. Bunchberry - N
- m. Arctic Raspberry - N

6. Vines

- a. Hops
- b. Grapes
- c. Hardy Kiwi
- d. Goji
- e. Schizandra Berry
- f. Scarlet Runner Bean *
- g. Other Annual Beans *
- h. Vining Squash
- i. Blue Honeysuckle - N

- j. Astragalus
- k. Ground Plum
- l. Milkvetch

7. Roots

- a. Sunchoke/ Jerusalem Artichoke - N
- b. Burdock
- c. Daikon Radish
- d. Horseradish
- e. Ground Nut *N
- f. Silverweed
- g. Arrowhead

8. Fungi

- a. Shitake
- b. Oyster
- c. Garden Giant/ Wine Cap
- d. Shaggy Mane
- e. Morels