

Permaculture Haven's Food Forest Guide



Easy To Grow Edibles In Subtropical And Tropical Climate

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GROW! EAT! ENJOY!

Few notes to the plants listed below:

- This is a list of the plants we grow in our food forest
- All of these plants listed below are either edible and/or useful in other way
- We sell most of these plants as seedlings so you can buy or pre-order and start your own food forest!
- Nearly all plants love well drained and rich soil
- Plants need more than just water! Use organic fertilizers if you want to eat the produce from your garden. You can easily make your own in your home garden. Ask us if you want to know more!
- "Don't trust a garden if there is no pest!" You definitely don't want to use chemicals if you like to eat the produce from your garden. Also, think about the pollinators! There are many easy and natural ways to deal with pest! Ask us about it if you want to know more.
- Please make your own research before you eat or use any new plants.

Disclaimer: We are taking care to grow healthy plants and we are happy to let you know how we grow and how we use them. However please make your own research about each plant as Permaculture Haven will not be held accountable for the care or use of any of the plants.

	Common Name	Latin Name	Life Cycle	Info	Growing Hints	Notes
			A-Annual B-Biennial P-Perennial SSD-self-seeding		S-sun SD-shade HSD-half shade LW-laves water	
1.	Aerial Potato - Yam	<i>Dioscorea bulbifera</i>	P	Climbing vine with edible tubers and bulbs when cooked	HSD SD	
2.	Aloe Vera	<i>Abarbedenis</i>	P	Medicinal plant with edible leaves	S HSD	
3.	Amaranth - Red and Green	<i>Amaranthus</i>	A SSD	Green used cooked, taste similar to spinach, red grown for seeds, many health benefits.	S HSD	
4.	Asian Pigeon wings, Butterfly Pea	<i>Clitoria ternatea</i>	A SSD	Good for tea and food colouring	S HSD	
5.	Atherton Raspberry	<i>Rubus probus</i>	P	Best of Australia's native raspberries	S HSD	
6.	Banana Dwarf Cavendish	<i>Musa acuminata</i>	P	Great source of potassium	S HSD	

7.	Bay Leaf	<i>Laurus nobilis</i>	P	Very flavoursome, used in cooking. Many health benefits.	S HSD	
8.	Betel Leaf - Wild Pepper	<i>Piper sarmentosum</i>	P	Ground cover from Asia, edible spicy leaves	HSD SD	
9.	Black Cumin	<i>Nigella sativa</i>	A SSD	As a spice and medicinal use	HSD S	
10.	Brahmi-Memory Plant-Waterhyssop	<i>Bacopa monnieri</i>	P	Medicinal plant with edible leaves	S HSD SD LW	
11.	Brazilian Spinach - Sambu Lettuce	<i>Althernantera sissoo</i>	P	Ground cover from south America, edible leaves remain firm after cooking	HSD SD	
12.	Bush Basil -	<i>Ocimum oxcitriodorum</i>	P	Attracts bees all year round, great flavor	S HSD	
13.	Cape Goosberry	<i>Physalis peruviana</i>	P	from Peru, fruits are sweet and slightly tart	S HSD	

14.	Cape York Turmeric - Native Turmeric - Cape York Lily	<i>Curcuma Australasica</i>	P	Au native, edible rhizome and leaves, eaten roasted by Aboriginals	HSD SD	
15.	Capsicum - few diff. types	<i>Capsicum</i>	P	Raw and cooked	HSD	
16.	Carambola Starfruit	<i>Averrhoa carambola</i>	P	Unripe fruits great for relish, ripe delicious fresh or in jams	S HSD	
17.	Caylon Hill Goosberry	<i>Rhodomyrtus tomentosa</i>	P	sweet berries, delicious eaten fresh or in Jams	S HSD	
18.	Ceylon Spinach - Malabar Spinach	<i>Basella Rubra</i>	P	Climber or Creeper from Asia, edible leaves and seeds	HSD SD	
19.	Chillies - few different kinds	<i>Capsicum sp</i>	P	from South America	S HSD	
20.	Citronella	<i>Pelargonium sp</i>	P	from South Africa, insect repellent	S HSD	
21.	Coffee	<i>coffea arabica</i>	P	From Africa, red cherries can be eaten	SD HSD	

22.	Common Comfrey	<i>Symphytum officinale</i>	P	Herbal remedy for joints, must be used with caution	HSD SD	
23.	Cranberry Hibiscus	<i>Hibiscus acetosella</i>	P	leaves and flowers edible and good for tea	S HSD	
24.	Curry Leaf Tree - Sweet Neem	<i>Bergera koenigii</i>	P	from India, leaves used for flavouring, fruits are edible	S HSD SD	
25.	Date Palm	<i>Phoenix dactylifera</i>	P	Sweet edible fruits	S	
26.	Dragon Fruit - Pitaya	<i>Hylocereus sp</i>	P	from America with delicious red fruit in summer & autumn	S HSD	
27.	Egyptian Spinach	<i>Corchorus olitorius</i>	A SSD	Good summer vegetable, raw and cooked,	S	
28.	Elderberry	<i>Sambucus nigra</i>	P	from Mediterranean, flowers & berries used to make cordial, wine & fritters	S	

29.	Finger Lime Tree	<i>Citrus australasica</i>	P	Au native, great additional into savory and sweet dishes	S HSD	
30.	Fish Mint	<i>Houttuynia cordata</i>	P	from Asia, strong fishy smell, fish sauce substitute, detoxicant	SD	
31.	Galangal - Thai Ginger - Greater Galangal	<i>Alpinia galangal</i>	P	from Asia, edible rhizome, young shoots & flowers and buds can be steamed	S HSD SD	
32.	Garlic Vine	<i>Mansoa alliacea</i>	P	Medicinal use, leaves and flowers edible and can be used as garlic substitute	S HSD	
33.	Goldenrod	<i>Solidago</i>	P	Medicinal as tea, urinary system and allergies	S	
34.	Gotu Kola	<i>Centella asiatica</i>	P	Edible leaves, medicinal plant for skin, blood and immune system	SD HSD	

35.	Grapefruit Rio Red	<i>Citrus paradisi</i>	P	from Barbados, Immune booster, great for juice and jam	S HSD	
36.	Grapes Muscot	<i>Muscat Hamburg</i>	P	Small black variety, great flavor	S HSD	
37.	Guava	<i>Psidium guajava</i>	P	leaves are used as an herbal tea, fruits are amazingly rich in antioxidants, vitamin C, potassium, and fiber	S HSD	
38.	Gumby-Gumby Tree	<i>Pittosporum angustifolium</i>	P	medicinal as tea or extract	S HSD	
39.	Herbs: Dill, Coriander, Thyme, Rosemary, Bush Basil, Sweet Basil, Nasturtium, Marigold		P SSD	Used raw and cooked	S HSD SD	
40.	Horseradish	<i>Armoracia rusticana</i>	P	The spicy leaves and roots edible raw and cooked	HSD SD	
41.	Jaboticaba - Brazilian grape tree	<i>Plinia cauliflora</i>	P	from South America, bears fruit on the trunk	S HSD	

42.	Jap Pumpkin	<i>Cucurbita moschata</i>	P	Cooked, fried, soup, curry	S HSD SD	
43.	Jeruzalem Artichoke	<i>Helianthus tuberosus</i>	P	edible tubers, fresh raw grated or cooked	S HSD	
44.	Jicama	<i>Pachyrhizus erosus</i>	P	From Mexico, rich in fiber, edible raw and cooked	S HSD	
45.	Kaffir Lime	<i>Citrus hystrix</i>	P	Medicinal, cleaning, flavouring	S	
46.	Kale Tree	<i>Brassica oleracea</i>	P	High in protein, eaten cooked or steamed, can grow up to 20 feet	S HSD	
47.	Kang Kong-Water Spinach	<i>Ipomoea aquatica</i>	P	Edible leaves when cooked	LW HSD S	
48.	Leaf Mustard	<i>Brassica juncea</i>	A SSD winter veg	High in vitamins A, K, and C, flavonoids and dietary fiber	S	
49.	Lebanese Cress	<i>Apium nodiflorum</i>	P	perennial, source of protein and vitamins, leaves are edible, taste between carrots and celery	LW HSD	

50.	Lemon Beebrush/Verbena	<i>Aloysia citrodora</i>	P	leaves for tee, medicinal for digestive system	S HSD	
51.	Lemon Grass	<i>Cymbopogon citratus</i>	P	Bottom parts used for cooking, leaves for tee	S HSD	
52.	Litchi Tree	<i>Litchi chinensis</i>	P	Guangdong and Fujian provinces of China, rich in vit. C and anti-oxidants	S HSD	
53.	Logan Berry	<i>Rubus x loganobaccus</i>	P	From California, lots of nutrients, great for syrup, jam, pies, can be frozen, leaves good for tea	S HSD	
54.	Longevity Spinach	<i>Gynura procumbens</i>	P	from Asia and America, edible vine, medicinal use, lowering high cholesterol, hypertension	HSD SD	
55.	Loquat Tree	<i>Eriobotrya japonica</i>	P	Yellow fleshy fruits, similar to plums in taste	S HSD	

56.	Madagascar Bean	<i>Phaseolus lunatus</i>	P	Beans eaten fresh while still white or cooked if ripe	S HSD	
57.	Mandarin Imperial	<i>Citrus Reticulata</i>	P	Easy to peel, juicy, strong flavor	S	
58.	Mango	<i>Mangifera indica</i>	P	high level of vitamin C, fibre and pectin, helps control cholesterol level	S	
59.	Miracle Fruit	<i>Synsepalum</i>	P	when eaten, causes sour foods subsequently consumed to taste sweet	S HSD	
60.	Mizuna	<i>Brassica juncea</i> var. <i>japonica</i>	A SSD	rich, peppery flavor, quick growing winter veg	S HSD	
61.	Mock Orange	<i>Philadelphus</i>	P	Medicinal use and great for bees	S	

62.	Mother of Herbs	<i>Coleus amboinicus</i>	P	medicinal fresh leaves for cough, in Asian cooking for fish or goat	S HSD	
63.	Mulberry Black	<i>Morus nigra</i>	P	native to SE Asia, good source of iron, vitamin C, fruits great for jams, juice, to freeze, leaves good for tea	S HSD	
64.	Mushroom Plant	<i>Rungia klossii</i>	P	eaten raw in salads or cooked as a green vegetable	HSD SD	
65.	Native Ginger	<i>Alpinia caerulea</i>	P	Australian native perennial, edible leaves, fruits and roots	HSD SD	
66.	Neem Tree	<i>Azadirachta indica</i>	P	insect repellent	S HSD	
67.	Okinawa Spinach - Hawaiian lettuce	<i>Gynura bicolor</i>	P	from Hawaii, edible leaves, flower attract tiger blue butterflies	S HSD	

68.	Orange Arnold Blood	<i>Citrus sinensis</i>	P	good source of vitamin C, potassium, and dietary fiber	S	
69.	Passion Fruit	<i>Passiflora edulis</i>	P	Native to South America, sweet, seedy fruit	S HSD	
70.	Peach Tree - Peach Florida Prince	<i>Prunus Persica</i>	P	low chill peach tree with yellow juicy flesh	S	
71.	Pepino	<i>Solanum muricatum</i>	P	From South America, sweet fruits	S HSD	
72.	Perilla Shiso	<i>Perilla frutescens</i>	P	medicinal, adds colour and flavour into Asian, Indian and fish dishes	S HSD	
73.	Peruvian Parsnip	<i>Arracacia xanthorrhiza</i>	P	perennial root vegetable, native to the Andes in South America	S HSD	
74.	Pigeon Peas	<i>Cajanus cajan</i>	P	bush from India, peas eaten fresh or dried, flowers attract small native bees	S	

75.	Pineapples	<i>Ananas comosus</i>	B	from South America, planted from fruit tops	S	
76.	Plantain - Cooking Bananas	<i>Musa sp</i>	P	From India, starchy, used as a vegetable	S HSD	
77.	Plantain Leaves	<i>Plantago major</i>	A SSD	Medicinal use for different skin conditions	S HSD	
78.	Pomegranate	<i>Punica granatum</i>	P	contains high levels of antioxidants	S HSD	
79.	Pummelo Flicks Yellow	<i>Citrus maxima</i>	P	From Asia,, immune booster, great fo juice and jam	S HSD	
80.	Purple Yam	<i>Dioscorea alata</i>	P	root vegetable with edible tubers when cooked	HSD	
81.	Rocket Lettuce	<i>Eruca vesicaria ssp. sativa</i>	A SSD	spicy aroma and flavor	S HSD	
82.	Roselle	<i>Hibiscus sabdariffa</i>	P SSD	perennial but more fruits if grown annually, edible leaves, fruits great for jam, cordial, drinks, jam	S HSD	

83.	Sandpaper Fig	<i>Ficus coronata</i>	P	Native with edible fruit	HSD SD	
84.	Spiral Ginger - Insulin Plant	<i>Costus pictus</i>	P	Leaves are edible, controls blood sugar level	HSD SD	
85.	Strawberries	<i>Fragaria x ananassa</i>	P	great source of fiber, vitamin C, and antioxidants	HSD	
86.	Sugar Queen Banana	<i>Musa sp</i>	P	Delicious sweet taste with fresh, lemon-like hint	S HSD	
87.	Sugarcane Red	<i>Saccharum officinarum</i>	P	Stalks are juiced. Cane juice has a high concentration of calcium, magnesium, potassium, iron, and manganese, which helps prevent diseases	S HSD	
88.	Sweet Leaf	<i>Sauropus androgynous</i>	P	from Asia, edible pea flavoured young leaves and shoots, large quantities should be cooked before eating	S HSD	

89.	Sweet Potato	<i>Ipomoea batatas</i>	P	root vegetable. The young leaves and shoots are eaten as greens	S HSD SD	
90.	Tamarillo	<i>Solanum betaceum</i>	P	Edible fruits, lowering blood sugar	HSD SD	
91.	Tree Cotton	<i>Gossypium Arboreum</i>	P	Seeds contain oil. The floss in the seedpods is used like cotton, wound dressing, for the wicks of oil lamps and more	S HSD	
92.	Tree Spinach - Hibiscus spinach, QLD salad greens	<i>Abelmoschus manihot</i>	P	from SE Asia, edible leaves, keep pruned to reach new leaves	S HSD	
93.	Turmeric	<i>Curcuma longa</i>	P	Leaves and root used fresh or cooked, many health benefits	HSD SD	
94.	Variegated Cassava - Tapioca	<i>Manihot esculenta</i>	P	ornamental from southern America, cooked leaves and roots are edible	S HSD	

95.	Vietnamese Luffa, Egyptian Cucumber, Sponge Gourd	<i>Luffa aegyptiaca</i>	A SSD	Young fruit eaten as vegetable, fully ripe used as scrubbing sponge	S HSD	
96.	Walking Onions, Tree Onions, Egyptian Onions	<i>Allium cepa</i> var. <i>proliferum</i>	P	biennial, self-propagating, used fresh or cooked	S HSD	
97.	Wampee	<i>Clausena lansium</i>	P	Aromatic & delicious fruit	S HSD	
98.	Wasabi	<i>Eutrema japonicum</i>	P	Root used fresh as a paste, many health benefits.	HSD SD	
99.	Waterchestnuts	<i>Eleocharis dulcis</i>	P	Eaten raw or cooked in stir-fry dishes and soups	HSD SD LW	
100.	Wax Jambu	<i>Syzygium samarangense</i>	P	Medicinal mostly use to reduce fever, fruits have refreshing and juicy flavor	S	
101.	West Indian Gherkins, Maroon Cucumber	<i>Cucumis anguria</i>	A SSD	indigenous to Africa, cucumber taste, with sweet and sour notes	S HSD SD	
102.	White Sweet Potato	<i>Ipomoea batatas</i>	P	Great source of vitamins and fiber	S HSD	

103.	Wild Strawberry	<i>Fragaria vesca</i>	P	Small sweetly perfumed, red fruits	HSD SD	
104.	Winged Beans	<i>Psophocarpus tetragonolobus</i>	A SSD	All parts of the plant are edible	S HSD	
105	Yacon	<i>Smallanthus sonchifolius</i>	P	native to Colombia and Ecuador, crunchy-crispy delicious when eaten raw	S HSD	
106	Yu Mai Tsai Lettuce	<i>Lactuca sativum</i>	A SSD	used raw or cooked	S HSD	
107	White Sweet Potatoe	<i>Ipomoea batatas</i>	P	Great potatoes substitute!	S HSD SD	
108.	NOT self seeding different annuals		A	Grown periodically depends on the season.		

More to come..... :)

Check our website regularly for new plants, workshops, recipes and more!

Ewa & Seb

www.permaculturehaven.com