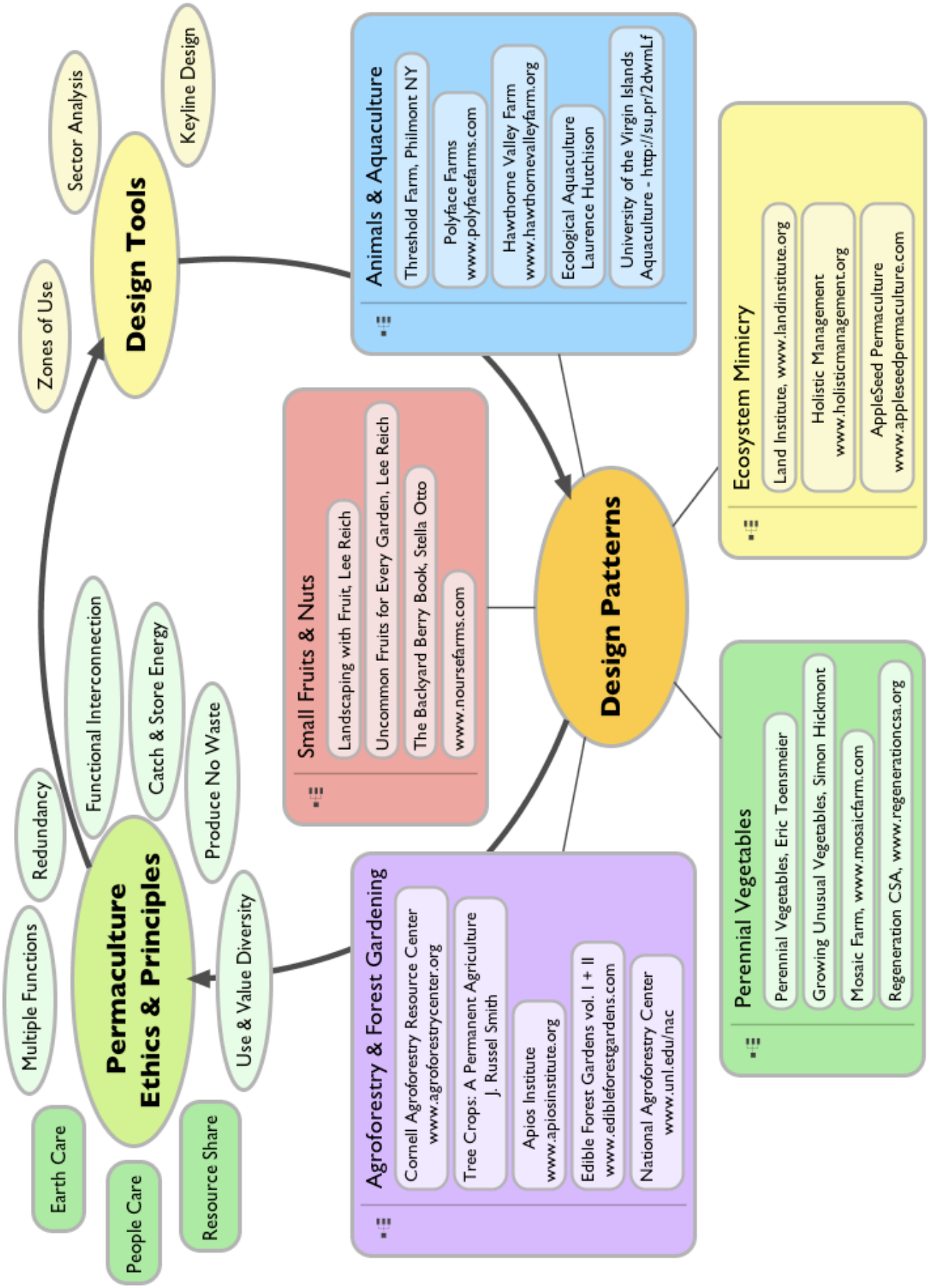
Permaculture for Farmers

Eco-Production by Design

Young Farmers Conference 2009

www.appleseedpermaculture.com

Benneth Phelps, Mosaic Farm – bphelps2@gmail.com • Ethan C. Roland, AppleSeed Permaculture – ethan@appleseedpermaculture.com



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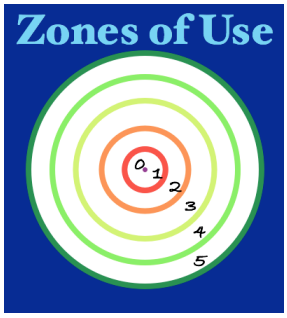
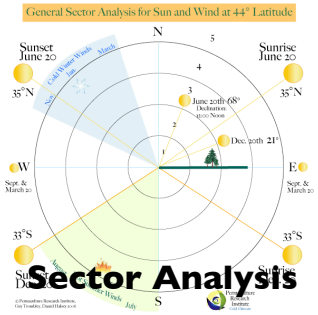
Design Tools - How we think about our farms & eco-social landscapes





Top Ten Perennial Vegetables - Adapted from Perennial Vegetables, Eric Toensmeier

Common	*Genus*	*Species*	*Food Use & Other Function*
Climbing spinach	Hablitzia	tamnoides	Edible leaves; Climbing vine
Good King Henry	Chenopodium	bonus-henricus	Edible leaves & floret, just like spinach
Multiplier Onion	Allium	cepa-aggregatum	Edible bulbs & shoots; Aromatic pest confuser
Sea Kale	Crambe	maritima	Edible leaves & broccoli-floret; Beneficial insects
Skirret	Sium	sisarum	Edible roots like parsnips; Beneficial insects
Profusion' Sorrel	Rumex	acestosa	Edible leaves; Dynamic nutrient accumulator
Sunchokes	Helianthis	tuberosus	Edible tubers; Beneficial insects, tall groundcover
Turkish Rocket	Bunias	orientalis	Edible leaves & broccoli-floret; Beneficial insects
Water celery	Oenanthe	javanica	Edible leaves; Beneficial insects, groundcover
Welsh Onion	Allium	fistulosum	Edible greens & bulb; Aromatic pest confuser

Salad Hedge - Some plants grow as shrubs, others must be managed by coppice

Common	*Genus*	*Species*	*Food Use & Other Function*
linden	Tilia	americana	Slightly sweet edible leaves. Best managed as coppice
saltbush	Atriplex	halimus	Salty, spinach-like edible leaves
gojiberry	Lycium	barbarum	Edible leaves, super-medicinal fruit
Carolina silverbell	Halesia	spp.	Immature fruit is edible & cucumber-flavored
fragrant spring tree	Toona	sinensis	Edible leaves. Best managed as coppice

Sources for Perennial Vegetable Plants & Seeds

Tripplebrook Farm – www.tripplebrookfarm.com – 413-527-4626 – Many perennial vegetables & much more!
Oikos Tree Crops – www.oikostreecrops.com – 616-624-6233 – Awesome plant source, some perennial veg
Perennial Pleasures – www.perennialpleasures.net – 802-472-5103 – Hardy perennials including skirret
Richter's Herbs – www.richters.com – 905-640-6677 – LOTS of herbs including many perennial veges
Seeds of Diversity Canada – www.seeds.ca – 866-509-SEED – Sea kale, skirret, groundnut, and more
Seed Savers Exchange – www.seedsavers.org – 563-382-5990 – Grassroots seedsaving network!
USDA Germplasm Resource Information Network (GRIN) – www.ars-grin.gov – National seed & genebank
Agroforestry Research Trust, Devon, England – www.agroforestry.co.uk – Lots of excellent interesting seed
B & T World Seeds – www.b-and-t-world-seeds.com – Unbelievable seed company… 35,000 listings!