

107

Ginger



Root vegetable
latin "Zingiber officinale"

Edible Parts



The roots



Vitamins B 1, 2, 3, 5, 6, C, E and Folate, Magnesium, Potassium, Zinc, anti-inflammatory

Other uses



Roots are used as spices, in cakes, in many drinks and teas, in herbal remedies



149

Curcuma



Root vegetable
latin "Curcuma longa"

Edible Parts



The roots or rhizomes



Vitamin C, beta-carotene. Potassium, Zinc, Curcumin, Turmeric, anti-oxidants, anti-inflammatory

Other uses



Used as spices, in cakes, in many drinks and teas, in herbal remedies, as dye



121

Asparagus



vegetable
latin "asparagus officinalis"

Edible Parts



The stems/only the young shoots



Contain a lot of fiber, antioxidants and Vitamin A, C, K. They are good for the digestive health.

Other uses



There is a white version, where the shoots are covered with soil.



86

Broccoli



vegetable
latin "Brassica oleracea"

Edible Parts



The stems, the leaves and the flowers



Rich in fiber, antioxidants, Vitamin C, K, iron and potassium. Good for eyes, lowers cholesterol.

Other uses



Used in medicine as food supplement.



149



Curcuma

Biennials, grown from the rhizome, the underground stem



Plant in light shade



Well-drained soil



plant in September/October



9-10 months to mature



Warm, humid, fertile soil



India and South East Asia



75

120



107



Ginger

Biennials, they flower and give seeds the second year



Plant in part shade



Keep moist with frequent shallow watering



plant in spring from the root



Takes ten months to mature



Warm, humid soil



India and in many countries across the globe



130

33



86



Broccoli

Biennials varieties in Permaculture gardens



Likes shady spaces



Light, deep frequent watering



Seedlings in early spring/fall



After approx. 50 days



Organic mulch to keep moisture away.



Can be grown all over Europe



128

100

11



121



Asparagus

Biennials, they flower and give seeds the second year



Likes full sun



Well drained soil, wind protected, in ditches.



Seeds or the crowns are planted in spring



First after 2 years in spring, the shoots are picked.



Need soft sandy soil, likes saline soil by the sea



Can be grown all over Europe



89

60

17



93



Spinach

vegetable
latin "Brassica oleracea"

Edible Parts



The stems, the leaves



Rich in fiber, antioxidants, Vitamin C, K, A, B 2, iron and magnesium. Good for the bones.

Other uses



Used in medicine as food supplement.



58



Rhubarb

vegetable
latin "Rheum rhaponticum"

Edible Parts



The stems



Rich in fiber, Vitamin A, B 1, 2, 3, 5, 6, C, E, K, calcium, potassium, zinc. lowers cholesterol, fights cancerous cells, digestive

Other uses



Used in many desserts, jam and sweets



142



Borage

vegetable/herb
latin "Boragum officinalis"

Edible Parts



The flowers, the leaves and the seeds



Rich in omega-6 fatty acid, iron, vitamins B6, A, C, Thiamin, folate, anti-inflammatory, against respiratory diseases

Other uses



Used as a vegetable, as a medical herb and the seeds are pressed into oil



114



Parsnip

Root vegetable
latin "Pastinaca sativa"

Edible Parts



The roots



Parsnips contain a lot of fiber, Vitamins B, K, E and folic acid. They are good for your heart and kidneys.

Other uses



Mainly used for food, also tasty as chips and can be used in cakes.



58



Rhubarb

Biennials, comes up every spring



Likes sunny spaces



Grows in any soil, requires cool soil for dormancy



Plant from crowns and rootstock in early spring



Stems can be harvested 3 times a season - May to July



Organic mulch, keep moist



All over Europe, yet prefers moderate climates



49

130



93



Spinach

Biennials varieties in Permaculture gardens



Likes shady spaces



Light, deep frequent watering



Seedlings in early spring/fall



After approx. 50 days



Organic mulch to keep moisture away.



Can be grown all over Europe



130

37



114



Parsnip

Biennials, they flower and give seeds the second year



Plant in full sunlight



Keep moist with frequent shallow watering



February - March



Harvested best after the first frost and then through the winter



Need soft sandy soil



Can be grown all over Europe in natural soil



19

31



142



Borage

Annual plant, self-seeding



Sun or partial shade



Keep well watered



Seeds sown after the first frost



From late spring



Any type of soil, but richer soil gives stronger plants



Can be grown all over Europe



35

93



100



Beetroot

Root vegetable
Latin "Beta vulgaris"

Edible Parts



The roots



The Leaves



Beetroots contain a lot of Vitamin B9, C and folate and magnesium. They are good for the liver.

Other uses



Roots and leaves are also used for food and textile colouring and medicine.



2



Apple

Grows on apple trees
Latin: Malus domestica

Edible Parts



The fruit, but not the apple core containing the seeds.



Fiber, Vitamin C, potassium and antioxidants. Good for the heart and blood sugar control.

Other uses



In many desserts and meals, dried, apple cider and vinegar, pectine to make jam.



72



Rogusa Rose

Pink wrinkled rose
Latin: Rosa Rogusa

Edible Parts



The fruits and the flowers.



Very high in Vitamin C, A, Calcium and Iron, anti-inflammatory

Other uses



Jam, desserts, powder in natural remedies against arthritis and infections, herbal teas



37



Tomato

Flowering nightshade plant
Latin: Solanum lycopersicum

Edible Parts



The fruits, classified as berries.



High in vitamin A, B 1, 3, 6, C, E, K, Magnesium, Phosphorous, Potassium, lycopene - fights cancer

Other uses



Sauces, ketchup, juice, soup, very popular in pizzas and pasta dishes



2



Apple

Biennials, they flower and give seeds the second year




Plant in moderate sunlight



Keep moist with frequent shallow watering




Seedlings or young trees: from February, in mild winters from fall



Harvest from August to October



Well drained, moderately rich soil



Can be grown all over Europe



108



17

100



Beetroot

Biennials, they flower and give seeds the second year



Plant in full sunlight



Keep moist with frequent shallow watering



Seeds can be planted in August



from July the next year



Need medium rich soil



Can be grown all over Europe in natural soil




93




31

37




Tomato


An annual plant growing in vines - in milder climates: perennials




Need sunlight, sheltered




Water regularly




From seeds in January, from seedlings in May/Jun




from June to October




Humid fertile soil



Grows all over the world, originated from America



142



108

155

72



Rogusa Rose

A woody perennial shrub with thorns



Plant in moderate sunlight



Very robust and aggressive plant



Seedlings or young trees: from February, in mild winters from fall



Harvest from August to October



Well drained, sandy soil



Grows all over Europe, native in Japan and Siberia




108




135


16






Blueberry

Grows on bushes
Latin: Vaccinium


Edible Parts  The fruits can be eaten. They are tasty in smoothies, cakes and desserts.

 Fiber, Vit. C , antioxidants.
Good for the heart , blood sugar control, for the bones and for the skin.

Other uses  Fruits and leaves are used to make medicine against ageing and to boost memory skills 






128






Chamomile

Flower, many varieties
Latin: Matricaria chamomilla


Edible Parts   The flowers and leaves in herbal teas and salads.

 Flavonoids with anti-inflammatory and antibacterial properties, calming effect

Other uses  in medicine, cosmetics, beer brewing 






135






Lavender

Flower, many varieties
Latin: Lavandula angustifolia


Edible Parts   The flowers and leaves in oils and herbs in salads and desserts.

 Vitamins A, C, iron, calcium
Linalool: anti-depressive, anti-inflammatory, kills fungus

Other uses  in medicine, cosmetics, aromatherapy 





65






Sesame

Flowering plant
Latin: Sesamum indicum)

Edible Parts  The seeds, the highest oil content of any seed

 Vitamins A, B, Iron, Calcium
Magnesium, Zinc, unsaturated fats, Omega 6; blood sugar control, anti-inflammatory

Other uses  in Asian cuisine, oil, sesame butter/spread 



128



Chamomile

Reseeding annual creeping plant



half shade



prefer dry soil



Seedlings or seeds planted in spring.



Throughout summer



No fertilizers needed, drought resistant



Can be grown all over Europe



35

25



16



Blueberry

Perennial flowering plants with blue berries



6 hours sunlight in summer



The bushes/seedlings need moist soil



Seedlings or young bushes from February, in mild winters from fall.



Fruits can be picked in August.



They need acid soil and mulch to keep the roots cool.



Can be grown all over Europe



13

10



65



Sesame

The flowers are annual or perennial



full sunshine



dry soil



Plant seeds indoors, above 10 degrees. 100 growing days.



When flowers turn into seed



^{pots.} Plant 60 cm apart, mulch used to keep weeds away



Can be grown all over Europe



79

32



135



Lavender

Perennial plant, goes as a small shrub



full sunshine



well-drained soil



Seedlings or seeds planted in spring



Evergreen, throughout the year



Plant 60 cm apart, mulch used to keep weeds away



Can be grown all over Europe



108

25



79



Sunflower

Flowering plant
Latin: Helianthus annuus

Edible Parts



The seeds,
high oil content



Vitamins A, B 6, C, E, Iron,
Folate. Calcium, Magnesium,
unsaturated fats, Omega 6;
anti-inflammatory

Other uses



oil, butter/spread
animal feed



156



Squash

Fruit vegetable
Latin: Cucurbita

Edible Parts



The fruits, the seeds can be
roasted or used for oil.



Vitamins A, beta-carotene;
B1 C, E, calcium,
magnesium, potassium,
fiber

Other uses



Roasted seeds as
snacks, seed oil, rich in
antioxidants



44



Oats

Cereal grain
Latin: Avena sativa

Edible Parts



The seeds, which are crushed
or rolled into oat meal.



Vitamins B 1, 2, 3, 5, 6,
calcium, magnesium,
potassium, fiber, globulin.

Other uses



Oat milk, soap, herbal
tea, animal feed



9



Salmon

Edible Parts



The meat



Omega-3 fatty acids, protein,
Vit. B, Potassium, Selenium,
antioxidants,, anti-inflammatory,
good for the heart

Other uses



The oil is used as a
medical supplement.



156



Squash

Annual plant, grows in bushes or on vines, many varieties



full sunshine



well-water



Seedlings or seeds planted in spring



15 weeks after planting



Plant 90 cm apart, mulch used to keep weeds away



Can be grown all over Europe



48



71

79



Sunflower

The flowers are annual or perennial



full sunshine



well drained soil



Best to plant seeds after the frost period



Flowering in late summer



plant seeds in fertile soil



Can be grown all over Europe



60



37

9



Salmon

Can live in salt and fresh water, swims up streams to lay eggs and then dies.



Wild salmon in cold sea water



Salmon fish farms are growing world-wide



3 to 8 years



Atlantic, Alaska, Norway



Wild salmon, moving upstream are vital for ecosystem in Canada



1



93

44



Oats

Perennial cereal grain, grows as grass



full sunshine



moist soil



Throw seeds over a patch of cultivated soil



45 days plus several days curing/drying



Cover soil evenly with seeds, grows like grass



Mostly northern Europe



123



71

23



Herring

Edible Parts



The meat



Very high in omega-3 fatty acids, Vitamin D, Selenium, Antioxidants, protein, anti-inflammatory

Other uses



Herring is popular pickled, smoked or fried



30



Wool

Origin

Textile fiber, mainly obtained by shearing sheep. Other sources: goats, alpaca



Hypoallergenic, keeps heart rate low, mold resistant, eases arthritis and fibromyalgia

Other uses



Soap, woven cloth, knitwear, carpets, shoes, insulation



51



Tea



Originally from South Asia, black tea is popular in the UK, herbal teas in other European countries.



Green and the fermented black tea and herbal tea have many antioxidants, good for the heart and the kidneys

Other uses



Many kinds of medical teas, e.g. calming, soothing, anti-inflammatory



30



Wool

Different qualities of wool, depending on the breed



Sheep need large grazing pastures



Shearing once or twice a year



Sheep live for about 10 years



Common around the globe, part of cultural heritage



Sheep are used for nature maintenance and contribute to biodiversity



31



4

23



Herring

Hatches in fresh water, lives in the oceans.



In shallow sea water.



Herring brought wealth to many seafarer nations



3 to 8 years



Swim in large "schools" all oceans of the world



Herring feed on phytoplankton. They are eaten by many predators.



1



93

51



Tea

Aromatic plant-based drink.



Made by pouring boiling water over buried, dried or fresh leaves of plants or fruits.



Fresh leaves are first withered with hot air, then oxidized and finally dried.



There are many tea plant monocultures and pesticides are often used.



25



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