

Permaculture Plants for Southern Appalachia and Beyond

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Permaculture Plant: A plant that provides multiple outputs with relatively little input and which plays a key role in an agricultural ecosystem designed for and by humans with the ecology of the surrounding area and the more-than-human world deeply considered.

There are gobs of incredibly useful native and non-native **plants that we love** that didn't make it onto the following list. Some of these plants are part of our agroforestry systems but we don't tend to plant, some we harvest regularly from the wild, but don't plant, some we do plant, but they just didn't make it into the top 50 plants for ease of growth and importance of role. We'd like to tip our hats to some of these valiant and helpful friends: Tulip Poplar, White Oak, Hickory, White Pine, Beech, Black Locust, Redbud, Black Walnut, Sugar Maple, Hemlock, Hawthorn, Jujube, Medlar, Quince, Spicebush, Spikenard, Perennial Leeks, Spiderwort, Smilax, and many more dear friends!

Nut Trees

Hazelnut
Chestnut
Red Oak
Burr Oak

Trees for Forage and Giant Grasses

Paulownia
Bamboo
Basswood
Honey Locust

Fruiting Trees

Juneberry
Disease-Resistant Apple
Mulberry
Persimmon
Paw Paw

Vines, Brambles and Fruiting Bushes

Wineberry
Thornless Blackberry
Black Raspberry
Gooseberry
Currant
Passionflower
Blueberry
Elderberry
Goumi
Autumn Olive
Bush Cherry

Herbaceous Perennials (mostly perennial vegetables)

Ramps
Day Lily
Sochan
Echinacea
Ox-Eye Daisy
White Clover
Sweet Clover
Nettles (Stinging Nettle and Wood Nettle)
Pigweed

Horsetail
Cattail
Comfrey
Amorpha (False Indigo)
Thermopsis (Buckbean/False Lupine)
Sun Choke
Milkweed
Bee Balm

Corn
Sweet Potato
Buckwheat

Annuals

Lambs Quarters
Chickweed
Giant Ragweed
Austrian Winter Pea
Oats
Cowpeas

Want More?

Wild Abundance offers two **Permaculture Design Certification Courses**, both featuring Natalie and Cailen as instructors, along with a talented crew of other fabulous folk, including Ben Falk, Laura Ruby, Laura Lengnick, Luke Cannon, Doug Elliott, Eric Toensmeier, Frank Salzano, Becky Beyer, Osker Brown, Chloe Lieberman, and more:

1. **PDC:** A 12-day Permaculture intensive in September
2. **Earthskills and Permaculture Immersion:** A series of one 3-day weekend each month, April 27 through November 3. The Immersion includes a Wild Foods Backpacking Trip, Natural Building, Kudzu and Willow Baskets, Friction Fire, and a slew of other land and Earth-based skills)