



Edible & Medicinal Climate Analogs for Sacramento Rain Gardens

Grow Water
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Type	Common Name	Latin Botanical	Height	Water Needs	Rain Garden Zone	Plant Type	Human Uses	Sun/Shade
Cactus	Apple Cactus	Cereus repandus	8-15'	L	Top	E	EDF,EDPAD	FS,PS
Cactus	Prickly Pear	Opuntia ficus indica	Up to 10'	L	Top	E	EDF,EDPAD,EDS	FS,PS
Herbaceous	Asparagus	Asparagus officinalis	2-3'	L,M	Terrace	D	EDSH	FS
Herbaceous	Cardoon	Cynara cardunculus	4-6'	L,M	Terrace	D	EDSTALKS	FS
Herbaceous	Comfrey**	Symphytum officinale	2-4'	L,M	Terrace, Dome	D	MED	PS
Herbaceous	Dandelion (Ameliore)	Taraxicum officinale	1-2'	L	Terrace,Top	D	EDL,EDR,BEV,MED	FS,PS
Herbaceous	Daylily	Hemerocallis spp.	1.5-2'	L,M	Terrace	E	EDFL,EDFB,EDT	FS,PS
Herbaceous	Earth Chestnut	Bunium bulbocastanum	1.5-2'	L,M	Terrace	E	CUL,EDL,EDR	PS
Herbaceous	Egyptian Walking Onion	Allium cepa proliferum	2-3'	L,M	Terrace,Top	SE	EDL,EDB,EDFB	FS,PS
Herbaceous	Fennel	Foeniculum vulgare	4-6'	L,M	Top,Terrace	D	CUL,MED	FS,PS
Herbaceous	Garlic Chives	Allium tuberosum	1.5-2'	L,M	Terrace,Top	SE	EDL,CUL	FS,PS
Herbaceous	Giant Turkish Plantain	Plantago major	1-2'	M,L	Terrace,Top	D	EDL,MED	PS,FS
Herbaceous	Greek Mountain Tea	Sideritis syriaca	1.5'	L,M	Terrace, Top	D	MED,CUL	FS
Herbaceous	Mints***	Mentha spp	2" - 1'	M,L	Terrace,Top	D	EDL,CUL,MED	PS
Herbaceous	Onion Chives	Allium schoenoprasum	1.5'	L,M	Terrace	SE	EDL,CUL	FS,PS
Herbaceous	Savory of Crete	Satureja thymbra	2'	L,M	Top, Terrace	E	CUL,OIL	FS,PS
Herbaceous	Sunchokes***	Helianthus tuberosus	6-8'	L,M	Difficult due to habit	D	EDT	FS
Herbaceous	Sylvestra Arugula	Diplotaxis tenuifolia	1-2.5'	L,M	Terrace	D	EDL	FS,PS
Herbaceous	Wild Oregano	Origanum vulgare	6"-1'	L	Top, Terrace	E	CUL	FS
Shrub	Caper	Capparis spinosa	3-4'	L	Top	E	EDF,EDS,N2	FS
Shrub	Pineapple Guava	Feijoa sellowiana	7-15'	L,M	Terrace,Top	E	EDF, EDFL	FS,PS
Shrub	Pomegranate	Punica granatum	12-15'	L,M	Terrace,Top	D	EDF	FS
Shrub	Rosemary	Rosmarinus officinalis	5'	L,M	Terrace,Top	E	CUL	FS,PS
Shrub	Salt Bush	Atriplex halimus	3-6'	L,M	Top,Terrace	E	EDL	FS,PS
Shrub	Silverberry	Eleagnus x ebeggi	6-12'	L,M	Terrace, Top	E	EDF,EDS,N2	FS,PS
Succulent	Agave	Agave spp	3-5'	L	Top	E	BEV,CRFT	FS
Succulent	Aloe Vera	Aloe vera	8"- 2'	L,M	Top	E	MED	PS
Tree	Almond: drought hardy rootstocks	Prunus scoparia/ kuramica	12-15'	L,M	Top, Terrace	D	EDN	FS
Tree	Apple (see note)	Malus x domestica	10-20'	M,L	Terrace, Top	D	EDF	FS
Tree	Argentine Mesquite **	Prosopis alba	20-50'	L	Top,Terrace	D	EDP,CRFT,N2	FS
Tree	Carob	Ceratonia siliqua	15-30'	L	Top, Terrace	E	EDP,CRFT,DYE	FS
Tree	Cherry Plum **	Prunus cerasifera	7-15'	L,M	Terrace, Top	D	EDF**	FS



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KEY	RAIN GARDEN ZONES DESCRIPTION
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<p>Water Needs</p> <p>L= Low M=Moderate H= High</p>	<p>Plant Type</p> <p>D = Deciduous E = Evergreen</p>	<p>Human Uses</p> <p>*= Requires Processing</p> <p>EDF = Edible Fruit EDL = Edible Leaf EDS = Edible Seeds EDSH = Edible Shoots EDN = Edible Nuts EDB = Edible Bulb EDFL = Edible Flowers EDPAD = Edible Pads HORT = Horticultural Uses ***=Definite spreading habit. Difficult to manage/harvest in a rain garden scenario.</p>	<p>CUL = Culinary Dye = Dye CRFT = Crafts MED = Medicinal Uses N2 = Nitrogen Fixation ** = Possibly Invasive EDFB= Edible Flower Buds EDT= Edible Tuber EDR= Edible Root</p>	<p>Top = Area beside, but not IN the basin. Can be high on the bank, but above the level of inundation.</p> <p>Terrace = Mid bank area of a basin. Level, or slightly above the level of inundation</p> <p>Domes = A mound within the bottom of a basin that raises the crown of the plant level to, or slightly above the level of inundation.</p> <p>Bottom = The bottom level of the basin. Plants accustomed to seasonal inundation are best planted here.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Note: The author either has had direct success with or has witnessed, the listed plants survive completely on rainfall alone once established within or near water harvesting earthworks. Some common orchard fruits such as apples, walnuts, plums, figs, even almonds have been observed fruiting prolifically in orchards that have been abandoned for 20+ years where old tractor ruts had formed long bioswales between the rows. More research is needed to identify the old, regionally appropriate, dry farmable varieties of the Sacramento Valley. This list is FAR from complete. The plant palette appropriate for the Sacramento Area is quite extensive, especially where supplemental irrigation can be provided in the form of greywater and stored rainwater. For the purposes of this list, the author chose only edible/ medicinal plants that have been observed to survive on rainfall alone once established.</p> </div>
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