

Plants with Purpose & Appletreeman

Catalogue 2019-20



Edible Perennials - Tastes and Smells - Native Wild Flowers
- Be Soft on Fruit - Native Fruits and Nuts -
Scottish Fruit Trees - Collections

Welcome to our 2019 Catalogue!

We are an independent family nursery based in Perthshire, Scotland, selling an eclectic mix of plants, trees and shrubs not commonly found in the chain garden centres, but popular with anyone who likes to eat their garden or loves wildlife. How did it begin?

18 years ago, Margaret started with herbs, culinary and medicinal and very quickly added all the plants with purposes she could find! Lots were garden perennials we happened to find tasty and nutritious. Many were “weeds” in our garden, but so useful! Over the years she added wild flowers noted for their value to bees, butterflies and other insects and birds. Around 10 years ago, Andrew began growing heritage apple trees, followed by other fruit trees. And then we needed to have the berries and soft fruits to go under them, and the hedges to shelter the whole lot...

Pretty soon, our little nursery became a forest garden supply centre, with everything from plug plants to espaliered trees. We grow almost everything ourselves, from seed, cuttings or division: just as we graft all our apple trees and nearly all our other fruit trees by hand. We grow our plants to suit our climate, and in their natural season.

Margaret has now retired and the nursery has moved to Blackhaugh Community Farm in Spittalfield, where there is more space to develop the range on offer – and to park! We are planning a comprehensive permaculture garden to display and trial many of the plants grown in the nursery this year. The nursery will be open for sales of herbs from April to the end of September and this catalogue gives indicative prices for plants for sale at the farm during this period. We hope you like the new set up – please pay us a visit soon!

HAPPY GARDENING!

Andrew Lear, March 2019

MEDICINAL HERBS: CAUTION!

Just as you wouldn't take someone else's prescription without a doctor's say-so, don't self-treat without consulting a medical herbalist unless you know what you are doing. Everyone reacts differently to medicines, so don't take chances and get advice. We aren't able to take any responsibility for bad effects from using the plants in this catalogue. (Applies to indigestion too!)

Where and how to get our plants

At the nursery

We have moved our nursery to Blackhaugh Farm, a community managed 43 acre farm in Spittalfield, Perthshire. There, we will be open each week on WEDNESDAYS 1-5pm and SUNDAYS 1-5pm (when not at a market). Feel free to text or phone ahead on 07749987213 to confirm or arrange a special visit. Check our website for details of extra open days and holiday dates, and for travel directions by car or public transport. Find the full address on the reverse of this catalogue.

At a market or event

You can catch us at markets and shows through the year including our regulars: Park Lane Market in Glasgow, Portabello Market in Edinburgh, and Logierait Country Market. All our events go on our shared calendar and you can find details of these on our website at: plantsandapples.com/events. Due to seasonal variability, we cannot guarantee that EVERY plant, shrub and tree will be ready for sale ALL of the time or in MASSIVE quantities. Please call in at the farm regularly if you want to see what's newly available!

Buying fruit trees

Container trees are available from our nursery all year round and we start taking orders for bare root trees from midsummer, once we know what's coming on. An up-to-date availability list will be posted on our website and available from us by email as well. If your requirements are very specific, it's best to order earlier rather than later!

We can post or deliver fruit trees when they are dormant (from December March, weather dependent).

Catalogue contents

Page 4: Edible Perennials

Page 8: Tastes and Smells

Page 12: Native Wild Flowers

Page 16: Be Soft on Fruit

Page 18: Native Fruits and Nuts

Page 21: Fruit Trees

Page 23: Collections

☆ - look out, these plants are new additions to the catalogue in 2019.

EDIBLE PERENNIALS: THE FOREST GARDENER'S PARADISE

Make a meal of your garden with these great munchable, multi-purpose plants!

Caution. *Verify the names of any of our plants before testing their edibility, and note that we have not tested all of our edible plants. Also we cannot be held liable if you are allergic to any plants. Be mindful that not all our plants are edible!*

All are available in 1 litre pots and can be found at Blackhaugh Farm or at one of our markets. Note some are in small numbers and sell out fast.

Serpent-Garlic or Rocambole (*Allium scorodoprasum*)

Unusual onion with snaking, twisting flower-stems; unusual and hard to grow! **£3.50**

Tree Onion (*Allium cepa aggregatum*)

Bunching perennial with flowers consisting entirely of strong-tasting bulbils. Lush, edible leaves and stems to 50cm. **£4**

Welsh Onion or Scallions (*Allium fistulosum*)

Productive perennial with leaves like a giant chives and white flowers with amazing attraction for bees and butterflies. **£3**

Ramsons or Wild Garlic (*Allium ursinum*)

Spreading woodland native whose edible leaves and flowers are legendary among foragers and wannabe chefs, and fabby-doo in sandwiches and everything else. **£3**

The Very Useful Onion (*Allium cepa perutile*)

A perennial, non-flowering bunching onion, once ubiquitous on every allotment or veg plot, for use when bulb onions have been used up! **£4**

Witch's Garlic (*Allium carinatum pulchellum*)

Also known as Keeled Garlic, this edimental has drooping pink flowers and tasty foliage. 60cm tall **£4**

The Azure Walking Onion (*Allium caeruleum bulbiferum*)

We spotted this pretty blue onion for sale outside a shop on Lindisfarne – unusually, it produces some flowers made up of little bulbils – which “walk” the plant to new sites! **£4**

Three-cornered Leek (*Allium triquetrum*)

This edible onion with very pretty nodding white flowers comes up early and also spreads obligingly. Grows to 20cm. **£3.50**

Chives (*Allium schoenoprasum*)

Well known grassy edible leaves and purple edible flowers which bees love. Only flavour needed for your new-dug tatties. **£3**

Rose-Leek (*Allium canadense*)

Large pink flowers and strappy leaves to 40cm height. Very attractive, and all parts garlicky and edible.

£3.50

Himalayan Onion (*Allium wallichii*)

This tall onion from Nepal has delicious garlicky leaves from late spring and very pretty, variable purple-black flowerheads.

£4

Crow Garlic (*Allium vineale*)

This native onion has flowerheads of pink flowers and dark bulbils, encased in a white, papery bract, and the leaves makes good flavouring. We have a tall-growing form found on the banks of the Tay.

£4

Nodding Onion (*Allium cernuum*)

Extremely pretty, with its nodding pink flowerheads, and a good, solid flavour to the leaves for cooking or in salads.

£4

Marshmallow (*Althaea officinalis*)

Delicate pink edible flowers and leaves. This native grows to 1.2m and is also medicinal and great for wildlife.

£3.50

Musk Mallow (*Malva moschata*)

This beautiful, large flowered mallow is low-growing, with attractive foliage, and all the edible uses

£3.50

DID YOU KNOW that Mallows are prized medicines for coughs and sore throats? Make a tea with the succulent leaves at the first symptoms!

Common Mallow (*Malva sylvestris*)

Beautiful showy pink flowers that you can eat and robust, edible foliage – also a good bee plant.

£3.50

Horseradish (*Armoracia rusticana*)

The roots are grated to make the zingy hot sauce (and dyed green to make wasabi). This vigorous perennial will spread to allow harvest, and we're not apologising for that!

£3.50

Good King Henry (*Chenopodium bonus-henricus*)

Probably my favourite perennial green vegetable. Slightly spreading plant related to spinach, great for the forest garden. Self-seeds in weird places!

£4

Tree Spinach (*Chenopodium giganteum*)

Although an annual, this tall (at least 1.5m and can double that) plant is so productive, lasting till hard frosts, it's well worth growing. Leaves & pink flowering shoots edible and delicious, seeds feed the birds in December.

£3

Sweet Cicely (*Myrrhis odorata*)

Abundant feathery foliage tasting of aniseed, used to sweeten cooked fruit dishes, or add flavour to salads. Roasted roots also delicious and immature seed heads are good nibbles.

£3

Bucks Horn Plantain / Erba stella (*Plantago coronopus*)

Succulent narrow leaves for salads and stir-fries; attractive nodding flowerheads too, providing seeds for birds. Long

season of use.

£3

Bistort / Pudding Dock / Easterman Giants / Easter Ledges (Polygonum bistorta)

Most useful large edible leaves similar to dock and principle ingredient in Dock Pudding, and beautiful pink poker-like flowerheads. Good spreader.

£4

Solomon's Seal (Polygonatum multiflorum)

Related to lilies but also to asparagus: eat the young spears in the same way. Don't overdo it though. Very pretty woodland plant for shady spots, flowers late spring.

£4

Lungwort (Pulmonaria officinalis)

Noted for medicinal uses and attractiveness to bumblebees, the spotted leaves of lungwort are edible and tasty. Use the big leaves that come after the pink/blue flowers are finished.

£3.50

Globe Artichoke (Cynara cardunculus scolymus)

Silvery foliage, an impressive size and growth habit, flowers bees love - and it's edible too!

£3.50

Orpine (Sedum telephium)

Succulent leaves remain tender into late autumn, and pink nectar-rich flowers for bees and butterflies. Clump-forming.

£3.50

Rose-Root (Rhodiola rosea)

Another succulent of open, chilly coasts, Rose-root is an edible native with a long history as a perennial

vegetable in N. Scotland. Awfy pretty, as well, with yellow flowers.

£4

Large-leaved Sorrel (Rumex acetosa)

Large lemony leaves are great in salads, possibly even better as Sorrel Soup, and used over a long season. Nutritious.

£3

Buckler-leaf Sorrel (Rumex scutatus)

Pretty trailing foliage – the small succulent leaves look lovely in salads and have a lemony flavour.

£3

Bloody Sorrel (Rumex sanguineum)

Ever-popular salad plant with red-veined leaves. It is also obligingly willing to self-seed for you!

£3

Scots Lovage (Ligusticum scoticum)

Pre-eminent strong-flavoured edible leaf for stews and casseroles, with pretty white flowers on red stems. This native of north and eastern Scottish coasts grows to 80cm.

£3.50

Alexanders / Black Lovage (Smyrniolus atrum)

Similar to Scots Lovage with glossy green strong-flavoured leaves but yellow flowerheads, attractive to hoverflies. Grows to 1.3m. We are also trying Perfoliate Alexanders (Smyrniolus perfoliatum), a rare native, this year.

£4

Lovage (*Levisticum officinale*)

Known as the Maggi plant for its strong, celery-like flavour and use as a stock herb, Lovage can grow to 1.9m. Wine made with it is explosive.

£3.50

Salad Burnet (*Sanguisorba minor*)

Pretty foliage with a cucumber-like flavour, and reddish-brown flowers. The leaves are nice in salads. Has astringent properties to stop bleeding.

£3

Rampion (*Campanula rapunculoides*)

The lovely blue bellflowers are only part of the story – both the leaves and the roots of this perennial are edible and nutritious.

£3.50

Giant Bellflower (*Campanula latifolia*)

Tall native bellflower producing bigger roots and flowers than Rampion, and edible leaves to boot.

£3

Shiso/Red Perilla (*Perilla frutescens* var. *crispa*)

This high-flavour salad plant is also a herb, which will make a masterpiece of your sushi attempts! Deep red foliage makes it very edimental. Appears to be annual here.

£3

Skirret (*Sium sisarum*)

Perennial root vegetable from centuries past. Skirret roots can be roasted, boiled or dried and made into “coffee”. 1m tall. Allow to clump up before taking some of the roots. Pretty flower umbels, too, which attract hoverflies.

£3.50

Daubenton's Kale (*Brassica oleracea* var. *ramosa*)

Maybe the tastiest, most succulent kale, available all year round, never flowering, sometimes variegated...AND PERENNIAL! Get your hands on this forest garden essential.

£4

Sea-Kale (*Crambe maritima*) & C. *cordifolia*

This delectable vegetable needs a very well-drained soil – near to a beach as you can make it! (Purchasers from Portobello have had excellent results.) The huge, glaucous, leaves take several light years to cook, but are very good sliced thinly, raw. The blanched shoots as it emerges in spring are legendary! Camels love this plant!

£4

Variegated Herb Gerard or Bishopweed, or Ground Elder

No this isn't a joke! This much-maligned weed, which was introduced as a vegetable by the Romans, is nutritious and tasty in salads when the shoots first appear, and even better as a green vegetable as the leaves grow. This variegated form is less vigorous than the species, and a good choice for areas where little else will grow. Needless to say, it makes a fantastic ground cover in the forest garden...

£3

☆ Wild Radish

We collected some seed of this short-lived plant on a beach in Ayrshire so are excited about all the seeds coming on!

£3

☆ **Typha latifolia Reedmace**

A water plant with edible roots and shoots! We will be testing this out soon, so will report back. Very commonly eaten around the world in years gone by.

£3

☆ **Bamboo**

Yes, all bamboos are edible – well the new shoots – and I have a few seeds germinating. Hope to have them large enough to sell later this year. Watch this space!

£4

☆ **Oleaster (Elaeagnus angustifolia)**

I have sown a number of species, all with good edible fruits. They are vigorous tall shrubs, ideal for seaside areas especially. Also a nitrogen fixer. They will be trialled in the new forest garden at Blackhaugh Farm this year.

£6

☆ **Korean Angelica**

This is a very attractive purple stemmed perennial which I obtained in seed from another nursery last year. Use as for Angelica.

£6

☆ **Hostas**

We have been munching the new shoots and leaves of our hosta for a few years, so are offering some divisions for you to try to! You will enjoy!

£6

☆ **Wintergreen (Gaultheria cuneata and procumbens)**

Small, evergreen shrubs with delicate flowers and eye-catching berries.

£4

TASTES AND SMELLS: THE PICK OF THE HERBS

Herbs for the kitchen, teas and alcoholic treats, or the pure therapy of their gorgeous smells – here are some irresistible plants with purpose!

Alpine Basil-Thyme (Acinos alpinus)

We are glad to once again bring this colourful and decorative, trailing culinary savoury herb back into stock. Perfect for rock gardens and containers, very productive.

£3.50

Lemon Verbena (Alloysia triphylla)

This semi-hardy shrub with wonderfully lemony foliage for refreshing teas and interesting baking ideas grows well in a container, brought into a frost-free spot for winter protection.

£4

Roman Chamomile (Anthemis nobilis)

The aromatic perennial chamomile for lawns and chamomile seats – bears few flowers but these still make good tea!

£3

German Chamomile (Matricaria recutita)

This is the one for refreshing tea, so good for calming the nerves and soothing the digestion! It's an annual plant, but will self-seed freely if allowed, bearing lots of white daisy flowers to dry.

£3

Southernwood / Applingy / Lad's Love / Old Man / Maiden's Ruin (Artemisia abrotanum)

The evocative smell of this aromatic shrubby herb arouses memories and happy dreams – it may be everyone's favourite herb; it's certainly mine. Once used in the laundry to scent linen and keep off clothes moths.

£4

Sea Wormwood (*Artemisia maritima*)

Delicate silvery foliage marks out this aromatic native plant of saltmarshes and coastal areas.

£4

French Tarragon (*Artemisia dracunculus*)

Inimitable flavouring herb with a hint of its family bitterness, French Tarragon is grown only from cuttings and is only marginally tender – keep frost free over winter.

£4

Mugwort (*Artemisia vulgaris*)

Wayside weed possibly imported to Britain by the Romans who used it to ease feet sore from marching. As a beer flavouring, it makes a fantastic Mugwort Porter.

£3

Mugwort 'Oriental Limelight' is a pretty green and gold cultivar.

£3.50

Wild Hops (*Humulus lupulus*)

Sticking with beer, hops are a relatively modern, but invaluable, bittering agent – why not grow your own? But the shoots and young leaves are also edible, not to mention the sleep-inducing flowers (if they don't work, just drink the beer)

£TBC

Hop Cultivars: Target / Fuggie /

Challenger / Golden Hop

*Fuggie, Challenger and Target will be familiar to brewers; the Golden Hop (*H. lupulus* 'Aureus') is highly ornamental, but I have also brewed with it – a light, aromatic flavouring hop.*

£TBC

Common Fennel (*Foeniculum vulgare*)

Tall, dramatic, feathery green foliage which is great both for dishes from fish to salads and as a tea to aid digestion.

£3

Bronze Fennel (*Foeniculum vulgare Atropurpureum*)

Great colour contrast, same uses.

£3.50

Sweet Woodruff (*Galium odoratum*)

A lovely spreading woodland perennial with starry white flowers. The leaves smell sweetly as they dry and were used to scent laundry (and dirty floors in medieval times!) but are best steeped in wine, cider or apple juice. Makes a good ground layer in forest gardens.

£3.50

Hyssop (*Hyssopus officinalis*)

With its blue spikes of flowers this is such a great bee plant it could go in the next part. It is highly aromatic and makes a fine strong culinary herb for savoury dishes, and is used to flavour liqueurs.

£3.50

Lemon Catmint (*Nepeta cataria citriodora*)

Strongly lemon-scented foliage makes a delicate, refreshing tea and is nice in salad too. Cats are very partial to this white flowered nettle look-alike.

£3

Lesser Calamint (*Calamintha nepeta*)
Little-known and overlooked, this is a rich and versatile culinary herb with taste and smell somewhere between mint and oregano. Clouds of pretty blue flowers attract bees and hoverflies too.

£3

Golden Marjoram (*Origanum vulgare aureum*)

We sell two deliciously sweet aromatic varieties – ‘Sunshine’ has gold tips to the leaves, and ‘Acorn Bank’ is gold all over. Also known as Oregano and great for cooking

£3

White Oregano (*Origanum hirtum*)

This is the hot, spicy-flavoured Greek oregano, excellent for cooking and with insect-attracting white flowers borne in abundance.

£3.50

Rosemary (*Rosmarinus officinalis*)

Traditional upright evergreen shrub providing culinary flavours and distinctive aroma all year round. Perfectly hardy, but hates winter wet – choose a well-drained spot. .

£3.50

Trailing Rosemary (*R.officinalis prostratus*)

Spreading form with bright blue flowers and same culinary uses. Very attractive evergreen shrub.

£4

Green Sage (*Salvia officinalis*)

Vigorous perennial with semi-evergreen leaves; good for flavouring but also a soothing and enjoyable tea herb.

£3

Purple Sage (*S. officinalis* ‘Purpurascens’)

Excellent flavour – try Sage Mice – leaves coated in batter and shallow fried – be surprised!

£3.50

Golden Sage (*S.officinalis* ‘Icterina’)

Lovely lush gold and green variety – all the aromatic and culinary uses as above.

£3.50

Tricolor Sage (*S. officinalis* ‘Tricolor’)

This sage with green, purple and white variegation is strong-growing, smells and tastes great and looks good in a tub.

£3.50

Blackcurrant Sage (*Salvia microphylla v. microphylla*)

This slightly tender shrub has strongly scented leaves and shocking pink flowers in summer.

£4

Pineapple Sage (*Salvia elegans*)

Another very aromatic sub-shrub, with bright red flowers. As with Blackcurrant Sage, provide some frost protection in winter – though can overwinter outside in very sheltered, frost-free spots.

£4

Winter Savory (*Satureja Montana*)

Hardy and perennial, with superb flavour for casseroles and stews. Dark green leaves and mauve flowers attract bees.

£3.50

Winter Thyme (*Thymus vulgaris*)

Another rock solid herb with a horde of culinary uses; thyme is also antibacterial and makes a medicinal, if fairly bitter, tea. Bees love the pale purple flowers.

£3

Lemon Thyme (variegated) (Thymus citriodorus aureus)

Very choice flavour, easy to dry and preserve, and both showy and fragrant in sensory borders

£3.50

Creeping Thyme 'Dartmoor' (Thymus serpyllum cv.)

Prostrate, green leaved, slow-growing thyme, perfect for between paving or in alpine beds. SEE ALSO WILD THYME IN WILD FLOWER SECTION.

£3.50

Orange Thyme (Thymus fragrantissimus)

This white flowered thyme has a sweeter aroma and flavour than common thyme, and is very attractive to butterflies.

£3

Lemon Balm (Melissa officinalis)

Extreme lemon aroma, very soothing, loved by bees, excellent in cakes and teas and salads.

£3

Bergamot (Monarda fistulosa)

This species has whorls of pale lilac flowers which attract bees and butterflies. Foliage aromatic, makes an Earl Grey smelling tea.

£3

Lavender (Lavandula officinalis) 'Hidcote Blue'

Try lavender in shortbread, scones, bread and cakes – sparingly. It is delicious. It's also antiseptic and soothing for stings. We hope to have other varieties at the nursery too, why not pop along and see what's available?.

£3.50

Pink Lavender (Lavandula officinalis rosea)

Nicely compact, Pink Lavender rings the colour changes but has the same uses as the standard ones, and just as popular with the bees. Sometimes we have White Lavender too.

£4

Anise Hyssop (Agastache anisata / A.foeniculum)

One of the most overlooked, underrated and useful herbs. Agastaches are hardy, easy to grow, have spectacular bee-friendly flowers, wonderful aromatic foliage and many culinary and tea-making purposes. 'Golden Jubilee' is a cultivar with dazzling golden foliage.

£3

Vietnamese Coriander (Persicaria odoratum)

Vigorous tender perennial producing large, sharply coriander-flavoured foliage all year round. Bring plants into frost-free conditions over winter and renew by cuttings regularly.

£3.50

Scented-Leaf Pelargoniums (Pelargonium spp)

We have a small range of these very useful aromatic plants. They have uses ranging from household soaps, sprays and aromatherapy, to baking and preserve-making. Need frost protection in winter, so best grown in pots

Lemon

Camphor Rose

Creamy Nutmeg

Royal Oak

Queen of Lemon

All £4

MINTS!!!

Every garden should have at least three... Each year we expect to have at least 10 varieties of mint in production from this list:

Ginger Mint (Culinary, Striped))
Buddleia Mint (Amazing Flowers)
Black Peppermint (Great Tea)
Lavender Mint (Unusual)
Eau De Cologne Mint (Tea And Salad)
Swiss Mint (Tea)
Chocolate Mint (You Better Believe It)
Lime Mint (Cocktails)
Banana Mint (Low Growing)
Spearmint (Garden Mint)
Curly Spearmint (Pretty Ruffles)
English Lamb Mint (Very)
Spanish Mint (Spearmint)
Tashkent Mint (Strong Growing)
Red Raripila (Red Stems)
Apple Mint (Essential)
Pineapple Mint (Variegated)
Grapefruit Mint (Really)
Bowles Mint (Epicure Mint)
Moroccan Mint (The Tea Mint)
Pennyroyal (Medicinal, With Advice)
Corsican Mint (Creeping)

£3

ANNUAL / BIENNIAL CULINARY HERBS

We grow the following seasonal herbs which are available from us from April to August:

Borage (For Drinks, Bees, Salads)
Coriander (For Curries, Ceviche, Hummus Etc.)
Dill (Cucumber Flavour For Pickles And Fish)
Chervil (Mild Aniseed Flavour)

Basil (For Tomatoes, But Almost Anything Really; Several Varieties Available)
Summer Savory (For Beans, Salad, Meat, Cheese)
Parsley (Biennial, Well-Known Uses. Choose From 'Bravour' Curly Parsley Or 'Italian Giant' Flat-Leaved)

£3

NATIVE WILDFLOWERS: PLUGS AND PLANTS FOR WILDLIFE

We have always been keen to encourage the next generation of growers in Scotland, so have asked a friend to grow this year's wild flowers. Some will be available as plugs in packs of 12, others in 1 litre pots. All our wild flower seed is sourced in Scotland. Below is an indicative list of what we hope to have available this year:

Yarrow (*Achillea millefolium*)

A magnet for hoverflies, a beautiful border plant with flowers in shades of white through to dark pink, yarrow is also & medicinal - not least to stop bleeding.

Sneezewort (*Achillea ptarmica*)

Another hoverfly plant – and surely there must be something medicinal about it?!

Kidney Vetch (*Anthyllis vulneraria*)

Vivid yellow pea flowers, low-growing, nitrogen-fixing

**Harebell / Scottish Bluebell
(Campanula rotundifolia)**

The lovely ground-hugging bellflower of mountain and machair

**Cuckoo Flower / Ladies Smock
(Cardamine pratense)**

Early pink wildflower of damp meadows – allegedly edible, if you really like bitter flavours

Perennial Cornflower (Centaurea montana)

Big blue flowers that attract bees can also be used in salads and tea blends.

**Hardheads / Common Knapweed
(Centaurea nigra)**

Small purple flowerheads attract many bees and butterflies, a busy wayside flower!

Purple or Greater Knapweed/Purple Cornflower (Centaurea scabiosa)

Flowers are very like the Cornflower, but a deep purple. This native wildflower is very useful for butterflies and bumblebees.

Marsh Cinquefoil (Comarum palustre)

A rare and special starry reddish flower of damp places in the hills

Teasel (Dipsacus fullonum)

This biennial bears tall, spiky heads with many tiny mauve flowers in its second year. Incredibly valuable for bees, and later the seeds are loved by finches.

Hemp Agrimony (Eupatorium cannabinum)

So named for the shape of the leaves. Flowers a magnet for bees and seeds

for birds in the autumn, this later flowering native flourishes in moist sites

Meadowsweet (Filipendula ulmaria)

Frothy white flowers yield nectar for honeybees and can also be made into wine or a pain-killing tea (aspirin was first derived from this plant). Can spread obligingly!

Marsh Bedstraw (Galium palustre)

Excellent spreader for damp areas

Ladies' Bedstraw (Galium verum)

This low-growing, yellow woodruff-relation has been used in cheesemaking and natural dyeing. Beautifully aromatic.

Meadow Cranesbill (Geranium pratense)

Native wildflower with beautiful big blue flowers the bees love, with a clarity of colour that knocks spots off the usual cultivars.

Bloody Cranesbill (Geranium sanguineum)

Lower-growing cranesbill, with deep pink flowers designed for bees. Would be a nice companion to Apple Bloody Ploughman in the orchard lawn?

Water Avens / Chocolate Root (Geum rivale)

Happy in woods and hedges as in wet places, Water Avens has unique, terracotta and cream, nodding flowers – and roots that smell of chocolate!

Cat's Ear (Hypochaeris radicata)

One of the commonest yellow meadow flowers – meadows wouldn't look right without it!

Wood Cranesbill (Geranium sylvaticum)

Shade tolerant, with lovely purplish flowers. Ideal for hedge verges and beside drystone dykes.

Orange Hawkweed / Fox-and-Cubs (Heiracium aurantiacum)

Not strictly native, but long naturalised and a vivid contributor to naturalistic plantings.

St. John's Wort (Hypericum perforatum)

Hoverflies and damselflies flock to the many sunny yellow flowers on this prolific wildflower. The plant is used in herbal medicine too.

Field Scabious (Knautia arvensis)

Waving lilac-blue flowers, great meadow plant and very attractive to bees and hoverflies.

White Deadnettle (Lamium album)

This stingless, bright white wayside and woodland flower is also edible! Makes good ground cover, too.

Ox-Eye Daisy (Leucanthemum vulgare)

Tall, reliable, white-and-yellow daisy, the verge-planter's favourite.

Birds Foot Trefoil / Bacon and Eggs (Lotus corniculatus)

Another low-growing nitrogen-fixer, whose yellow flowers often start the colour of bacon under strange lighting.....bees love it.

Ragged Robin (Lychnis flos-cuculi)

Familiar wildflower of damp meadows,

the raggedy pink flowers of this easy perennial attract many beneficial insects. Blooms right through to winter.

Purple Loosestrife (Lythrum salicaria)

Another one for wet places, Purple Loosestrife produces spires of lovely flowers attractive to bees late in summer. Strikingly beautiful and easy.

Wild Oregano (Origanum vulgare)

Allow this native herb to flower freely and you will be rewarded by a dizzying variety of beneficial insects and later, birds. Dry the flowers for a natural air freshener!

Ribwort Plantain (Plantago lanceolata)

Strappy, edible leaves and lovely, waving simple flowers no meadow should be without. Birds value the seeds.

Tormentil (Potentilla erecta)

This 4-petalled yellow flower will be familiar to all hillwalkers and bump-climbers!

Red Campion (Silene dioica)

Showy plant with lovely pink flowers that make you wonder why it is ever considered a weed!

Betony (Stachys officinalis)

This ancient medicinal herb has beautiful purple flowers attractive to bees

Bugle (Ajuga reptans)

Blue spikes of flowers in late spring attract many bee species. This plant was also used medicinally and is great ground cover. We have the purple-leaved form.

Pignut (Conopodium majus)

A remarkable member of the carrot family, with feathery leaves and lacy flowers, which grows best in shade. Its underground tubers, which are chestnut-sized, are delicious!

Devil's Bit Scabious (Succisa pratensis)

A smaller scabious, with the usual sky-blue flowers loved by insects

Comfrey (Symphytum officinale)

Although we eat it ourselves, herbalists advise against overconsumption of the tasty, glutinous leaves of comfrey – so it's placed here in the wild side. Bees adore the cream, blue, purple or white flowers. A healing herb, too.

Wild Thyme (Thymus polytrichus)

Thyme of the machair and mountains, creeping and tumbling over rocks and dunes..... the seasoning of many campsite meals!

Goatsbeard / Jack-go-to-Bed-at-Noon (Tragopogon pratense)

This tall, dandelion-like flower has always fascinated me, for the enormous, spherical "clocks" when seeds form, and its habit of shutting down at mid-day. Plus...it has edible roots...

Germander Speedwell (Veronica chamaedrys)

Shocking-blue little flowers on a compact plant – one of the first wild flowers I learned.

Common Speedwell (Veronica officinalis)

Paler blue flowers, a sprawling habit – and was once used as a tea plant.

Woad (Isatis tinctoria)

This yellow-flowered member of the cabbage family bears a mass of flowers and is the plants from which the blue dye of the Celts is extracted

Yellow Toadflax (Linaria vulgaris)

Cheery yellow snapdragon-like flowers on sturdy spikes bring colour and insects to a meadow.

Tufted Vetch (Vicia cracca)

Very floriferous nitrogen-fixer – blue-violet flowers in showy racemes. Scrambles about the hedgerows quite the thing. Bees rave about it.

Heartsease / Wild Pansy (Viola tricolor)

Pretty little faces just go on and on – the more you eat them, the more they come! Also liked by bumblebees and other insects. Also used in herbal medicine.

Horned Violet (Viola cornuta)

Lovely deep blue flowers and a spreading habit – an excellent choice for semi-shade or woodland edge settings.

Viper's Bugloss (Echium vulgare)

Native biennial for well-drained soils and coastal gardens, bearing rough spikes of large, pink, red and blue flowers loved by bees

All £3

ANNUALS

Milk Thistle (*Silybum marianum*)

Incredibly jaggy, architectural white-splashed leaves, and fierce purple flowers loved by bees make this annual worth growing. Cut off the prickles and the leaves make a good vegetable; collect the seeds and make into a nasty-tasting decoction to assist liver function!

£3

Pot Marigold (*Calendula officinalis*)

No purposeful plant garden would be complete without marigolds; for their bright orange edible flowers (can be dried for "Turkish Saffron"), their healing properties, and their general exuberance!

£3

BE SOFT ON FRUIT!

Important early flowers to bees and other pollinators as well as your taste buds later in the year.

Our main season for soft fruit in containers is WINTER & SPRING.

As the season wears on, varieties and numbers change, with the greatest choice available in December. Visit Blackhaugh Farm to see what's currently available.

GOOSEBERRIES

A range of culinary and dessert varieties, with red, green or sometimes golden fruit, to include the mildew-resistant 'Hinnonmaki' range.

£6

SCOTTISH GOOSEBERRIES

Old and traditional Scottish varieties, from cuttings from the National Fruit Collection. Limited availability.

Scottish Chieftain

Vigorous and early; has a spreading habit and golden, massive, sweet berries. Suitable for fan training.

Glencarse Muscat

Compact habit, requires open-centre pruning.

Gretna Green

Green! No other info yet...

Lord Elcho

Really big, green, tasty fruit, with translucent skins. Lovely straight from the bush, or cooked. Quite early.

Scotch Red Rough

Smaller, mid-season, red fruits, which the blackbird stole. Suspect delicious.

Roseberry

Mid-season, productive gooseberry it seems, with medium-sized, sweet golden-green berries.

All £8

BLACKCURRANTS

Early, mid-season and late varieties from the 'Ben' range, bred in Perthshire.

All £6

JOSTABERRY

Gooseberry/blackcurrant cross, making a large, thornless bush and producing lots of big, juicy black fruits – eat fresh or good for jam too.

£6

STRAWBERRIES

We have the following excellent varieties in pots.

Cambridge Favourite

Traditional and reliable variety.

Symphony

Very sweet large fruit, Dundee born-and-bred.

Wild Strawberries

Yellow, white and even red flowered ones available too.

All £3

HERITAGE SCOTTISH STRAWBERRY

Threave Royal

An old Scottish Strawberry of extraordinary sweetness and flavour, vigorous growth and no shelf life whatsoever! You will NEVER find this on the shelves of the supermarket!

£6

Wineberry

The Japanese Wineberry is a bristly cane fruit, needs no support, bearing wine-red, ultra-sweet berries in late summer. Prefers an open position.

£6

Fig Brown Turkey

Reliable for outdoor cultivation (we get decent and delectable figs from ours which is on a south-west corner wall) – and will do even better with a modicum of protection to ripen the fruit.

£15

SEE OUR NATIVE FRUIT AND NUT TREES FOR MORE FOREST GARDEN IDEAS...

RASPBERRIES

A range of summer fruiting raspberries from the Scottish-bred 'Glens' range; plus yellow and red autumn varieties where available.

£4

TAYBERRY

Hybrid cane fruit, heavy cropping and so delicious you will forgive its jaggy-ness. Vigorous- best trained along a fence/ wall.

£4

LOGANBERRY

Traditional tasty hybrid berry, with advantage of being thornless!

£4

BLUEBERRIES

All blueberries require lime-free soil or compost, and all have attractive flowers in spring and good autumn colour.

£8

WHITECURRANT

WHITE VERSAILLES

Pretty pearly white sweet fruit borne abundantly early in season

£6

REDCURRANTS

Invaluable culinary berries, in variety.

£4

☆ **BOYSENBERRY**

A cross of Blackberry and a raspberry and a few others! Should be tough then?

£4

SASKATOON (X SMOKY)

Saskatoon are large fruiting shrubs from Canada. The berries look like large blueberries, but the taste is sweeter and distinctive. All are very hardy, self-fertile, and have no preferences regarding soil type. Grown commercially for the fruit in Canada. Excellent for jam and wine too!

£8

RHUBARB

Timperley's Early

Reliable and heavy cropping, can be forced.

Victoria

Well-known mid-season variety, can be picked most of the summer.

Glaskin's Perpetual

We had a crop failure with Glaskin's last year, but hope to have plants available later in the summer.

All £6

HERITAGE SCOTTISH RHUBARB

Lochgelly Miners' Rhubarb

Just a few plants this year of this delectable rhubarb, of unknown heritage but well-kent around the Fife coalfields and reputed to grow on anything, even coal spoil!

£6

HONEYBERRY

This so-called superfood is actually a bushy honeysuckle, which bears small, blue-black, allegedly sweet fruit in late summer. You could give them a try!

£4

COWBERRY

Slow-growing, suckering evergreen creeping shrub from mountain habitats, which bears red, highly edible berries. Needs a lime free soil.

£4

Other native upland fruits, such as blaeberry, crowberry and wild cranberry may be available subject to crop success.

NATIVE FRUITS & NUTS FOR THE PERMACULTURE OR FOREST GARDEN

All supplied in 3 litre deep pots

THE EDIBLES

SLOE / BLACKTHORN (*Prunus spinosa*)

Thorny hedging shrub that produces the black fruits that make the gin (or vodka or brandy). Can also be added to apple jellies.

£6

HAWTHORN (*Crataegus monogyna*)

The early leaves are edible and were known among us as kids as "bread and cheese". No idea why! Flowers (May blossom) make wine, and the fruits make fruit leather, wine and go into brandy! Also can be a nice snack when very ripe. Have grafted some big fruited ones recently too.

£6

ROWAN (*Sorbus aucuparia*)

Essential protection for the house against evil spirits – don't cut it down and don't curse it! Berries make the best jelly to go with poultry or game, and a nice rose wine.

£6

ELDER (*Sambucus nigra*)

Another magical native with more uses than I have room to mention. Flowers and fruits edible – fritters, wine, champagne, cordial, desserts, sauces, beer and more – and there are medicinal and practical uses too. Edible Ear Fungus even grows on it. Several really nice purple leaved forms too.

£6

GEAN / WILD CHERRY (*Prunus avium*)

In good years, the Gean produces a huge crop of cherries and you stand a very good chance of getting them before the birds strip the tree. They may be small, but they're good, and quality of cherry brandy is not dependant on size.

£6

HAZEL (*Corylus avellana*)

*A native shrub whose nuts have sustained our species from prehistoric times. The wood and poles gathered when coppicing have many craft uses too. Spotting the minute red female flowers in early spring is a good eyesight test! We also have some small Turkish Hazel (*Corylus colurna*) which may be ready late 2018.*

£6

GUELDER ROSE (*Viburnum opulus*)

A beautiful tall shrub for the edible hedgerow. Make sure the berries are

cooked before you eat them, but birds will value them raw all through winter – especially visiting waxwings. White flowers are a treat in spring. Not a rose at all, by the way.

£6

SEA BUCKTHORN (*Hippophae rhamnoides*)

Orange berries zing with vitamin C; silvery, suckering shrub for edible hedgerows and gardens. Salt-tolerant for coastal areas. One of they 'superfoods' but we don't believe in them.

£6

WHITEBEAM (*Sorbus aria*)

Beautiful in spring when the leaves open white; this medium-sized native tree bears an edible fruit like a big Rowan berry in Autumn, but sweeter. I have enjoyed them straight from the tree when ripe. They used to be called Chequers, and had many culinary uses in former centuries.

£6

SCOTCH or BURNET ROSE (*Rosa spinosissima pimpinellifolia*)

We chose this native creeping rose of Scottish coasts to grow first, for its edible white flowers and small, but sweet and vitamin-rich hips, useful for syrup, cordial or tea. Be careful to avoid the irritant hairs around the seeds. Very jaggy.

£6

DOG ROSE (*Rosa canina*)

The common pink wild rose of the hedgerows. Make rose-petal cordials and jellies from the flowers (but leave some for the bees), and syrup from the large red hips. Also jaggy.

£6

RAMANAS ROSE (*Rosa rugosa*)

Large single pink flowers followed by enormous and very juicy hips, ideal for syrup or jelly-making. This rose has wrinkled foliage and is suckering, making also an excellent windbreak on coastal sites. Jaggy, obviously.

£6

EGLANTINE ROSE or SWEET BRIAR (*Rosa eglanteria*)

We had to have this species rose, popular in mediaeval herb gardens, as it is apple scented! All the uses of the other roses, plus cosmetic uses. It is being investigated as a treatment for some cancers.

£6

JAPANESE BARBERRY (*Berberis thunbergii*)

As well as its red edible fruits, this jaggy Barberry makes a great and attractive informal hedge, and the roots yield a yellow dye. Root bark is used medicinally as an antibacterial.

£6

BLACK CHOKEBERRY (*Aronia melanocarpa*)

North American shrub up to 2.5m tall which produces big black berries high in pectin – so great for jellies and adding to jams. They are best eaten raw when really ripe – and improve after a frost!

£10

WILD MEDLAR (*Mespilus germanica*)

The thorny “pig’s noses” make an unusual addition to the edible hedgerow, with attractive flowers and pear-like fruit that need the cold to ripen and become soft.

£10

WILD CRAB APPLE (*Malus sylvestris*)

Not wildlings from someone’s apple core, but the true native wild apple – small fruits for use in jellies, wine or roasted and tossed into cider – when they are called “lambs’ wool”.

£10

☆ **CHERRY PLUMS**

Early flowering small tree producing delicious small red or yellow fruits in July.

£6

☆ **WALNUT (*Juglans regia*)**

These are going to be big trees but productive nut producing ones in Scotland. Jackdaws pick off our neighbour’s ripe fruits and drop them onto the pavement to crack them open! How clever!

£8

THE NON-EDIBLES

BIRD CHERRY (*Prunus padus*)

A native cherry with beautiful racemes of blossom in spring, and perfectly inedible, bitter fruit in summer. Some people say it’s edible when cooked, but other say it’s toxic. Why grow it? The cherries are definitely edible to birds, and we hope will take their minds off your edible cherries!

£6

SESSILE OAK (*Quercus petraea*)

This is the species native to northern Britain, and has long been one of our most valued trees. Acorns have been used for flour and coffee substitutes, and stock feed; the wood is hard, with many uses; for wildlife, an oak tree in your hedgerow is a must!

£6

HOLLY (Ilex aquifolium)

Another very hard wood, and a prickly evergreen for dense hedges, roosting places for birds, a habitat for Holly Blue butterflies and many more wildlife species. And don't forget Christmas... of all the trees that are in the wood, the Holly bears the crown...

£6

GREY ALDER (Alnus incana)

This fast-growing tree is the one we recommend for orchard shelterbelts. It is easily grown and disease-free.

£6

ASPEN (Populus tremula)

This small poplar, known for its shimmering, trembling leaves, is a native of ancient Scots woodlands, now rarely seen in the wild. Like all poplars, gives off a heady, balsam-like scent when in flower. It rarely sets seed in Scotland apparently!

£6

WILLOWS for BASKETRY (Salix viminalis cvs)

A range of pliable stem varieties for basketwork and garden sculptures, also useful for correcting waterlogged ground. We have a yellow stemmed variety, with some red ones for next year hopefully. Chewing the bark cures a sore head!?

£6

☆ **Field Maple (Acer campestre)**

I have added one of my favourite small trees to the list this year as I rarely see it. Not really a PWP I suppose, and nowhere near as useful as Sycamore, but heyho, would shelter many other plants in your forest garden.

£6

☆ **Yew (Taxus baccata)**

Margaret thinks I shouldn't include this plant under edibles because the seeds are very poisonous. But in fact the red juicy fruit around the seed is very sweet. Can you be trusted with this knowledge? If not, just plant this native tree as a really nice formal evergreen hedge.

£6

☆ **Goat Willow (Salix caprea)**

I have introduced this small native tree to the list as this tree is a really important early pollination source for bees. Everyone should have one.

£6

There are many other plants not listed here but can be found at our nursery at Blackhaugh Farm. Open Sunday and Wednesday afternoons.

OUR FRUIT TREES

Most of our fruit trees are sold bare-root from December to the end of March. We also have a large selection in 10 litre pots for all-year-round planting available for collection from the nursery or markets. We have introduced this year the hardy and productive MM116 rootstock. We will also be training some trees as ready-formed fans and espaliers in pots and have a few family trees.

APPLES

We graft a wide range of apple trees on a range of rootstocks from the

very dwarfing M27 & M9, suitable for small gardens, container planting and training onto smaller garden walls, through M26, MM116 and MM106 to M25, which gives you large, traditional-looking trees. These are suitable for larger heritage orchards and gardens. Note that the more dwarfing the rootstock the sooner it will produce a crop for you!

We specialise in Scottish varieties of apple, such as the Bloody Ploughman and the Scotch Dumpling, plus lots of heritage varieties known to do well in the North. But we also have plenty of good, reliable, modern ones, some from Scandinavia, that we know have good flavour and an ability to thrive in the north. We will help you to choose the apples best suited to your area and situation.

PEARS

We grow a number of Scottish pears which are unavailable anywhere else and, time permitting, graft a few local trees. We offer pear trees on wild pear rootstock, for those wishing to recreate the spectacular height and blossom of an old Scottish pear orchard, but also a number of familiar modern ones from across Europe, on dwarfing quince A rootstock.

To anyone thinking, "Can you really grow pears in Scotland?" we answer, "Yes you can. And plenty of them!"

PLUMS

Most of the plums we offer are good old reliable varieties like Victoria, Early Rivers, Czar and Opal. We usually have a few damsons available and also some Green Gages.

CHERRIES AND OTHERS

We usually have several varieties of cherry, as well as named Crab Apples, named Quinces and Medlars.

NUTS!

Every orchard needs a nuttery! Named varieties of Hazel (*Corylus avellana*) such as Kent Cob, Cosford or Hall's Giant often find their way onto our stocklist, as do Filberts.

Prices for Fruit Trees 2019-20

Fruit trees bare-root: £15 each.

Apples, Plums and Pears in containers: £20- £25 depending on age, size and form.

Other container grown fruit and nuts: £20-25.

Information on the many fruit tree varieties we grow can be found on the website, and regularly updated stocklists will be published from midsummer. I am very happy to show you our growing trees on the farm on one of our Open Days or by arrangement. Call us to arrange a visit!

COLLECTIONS

We know you love our collections! Here's an easy and cost-effective way to bring your garden, orchard or green space to life.

Onion Collection £30

10 onions of our choice (p.4-5)

Mint Collection £30

10 mints of our choice (p.12)

Tea Collection £30

10 tea plants of our choice (p.8-12)

Edible Hedge Collection £50

10 hedge plants of our choice (p.16-20)

Dwarf Apple Collection £180

10 potted varieties (enquire for more information)

What else do we do?

WE RUN WORKSHOPS!

These can be tailored for community groups, gardening clubs, businesses and individuals. Some of our workshops take place at Blackhaugh Farm and many are open to the public. Do get in touch if there is a course you'd like us to organise for you and your group.

See: plantsandapples.com/events for upcoming events. Look out for our family-friendly farm open days too.

Orchard and fruit tree related workshops may include:

Grafting and Budding

Winter pruning

Fruit for the Permaculture Garden

Summer pruning

Orchard pests and diseases

Planning and planting an orchard

Harvesting, Juicing, Cidermaking

Fruit Identification

Blossom, Bees and Biodiversity

Forest Gardening (workshops can

cover the whole subject, canopy to rhizosphere, or can focus on individual layers, building up to a course of 5 different workshops).

Other workshops and walks include:

Grow your own food & drink

Wildfood & foraging skills (plants & fungi only)

Using and growing herbs

WE OFFER ADVICE

We provide advice, assistance and consultancy to businesses, groups and individuals on projects such as the development of commercial and community orchards, restoration of neglected walled gardens, adapting gardens and policies for sustainable food production or increasing biodiversity, and more.

For small projects and garden ideas, it's best to catch us at Blackhaugh

Farm one day and have a chat...

Plants with Purpose & Appletreeman



Ways to get in touch

Visit the nursery

1 March - 31 October 2019
Sundays 1-5pm & Wednesdays 1-5pm
(plus special farm open days)

Nursery address

Blackhaugh Farm, Spittalfield, Perthshire, PH1 4JZ

Website

www.plantsandapples.com
(you can join our mailing list here)

Email

email@plantsandapples.com

Phone

0774 9987213 (9-5pm, weekdays only)

Twitter, Facebook & Instagram

Search for @plantsandapples
(for special offers, announcements and nursery updates)

