

## Ground cover

### Angelica



Angelica are large biennials or herbaceous perennials, with divided leaves and small white or purple flowers in large umbels. Prolific self seeder, grows in all aspects, mulch well, use as mulch, Bee plant, bitter/celery tasting edible leaves used in soups & sauces, roast stems and roots.

### Groundcover raspberry 'Betty Ashburner'



Thornless raspberry. Ground cover plant, a mat forming living Mulch, evergreen with edible berries. Very low maintenance and can be walked over to access other plants.

### Hemrocallis Day Lilly



Edible flowers and ornamental, looks great in large drifts or clumps, low maintenance, keep mulched to conserve moisture from spring onward, divide every 3-4 years.

## Comfrey



A deep rooted large ground cover & companion plant, accumulating & storing nutrients in leaves, which are then made available by decomposition and fertilising the soil. Crop and drop (4x a year) stems and foliage around productive shrubs and trees.

**Comfrey 'Bocking 14'** contains high levels of basic NPK nutrients and rare minerals. Also known as Russian Comfrey, a sterile hybrid, it won't self-seed, and only grows from propagated root cuttings (this is the ideal for the TT Buckingham project).

## Crambe Cordifolia

Also known as Sea Kale, will tolerate poor soil and partial shade, needs shelter from strong winds. Bee & butterfly plant 1.5 m high. Cook leaves like cabbage, propagate by root cuttings & seed, mulch with compost to get it going. A fabulous ornamental plant.



## Creeping Comfrey-



A low maintenance dynamic accumulator groundcover, with small flowers and crinkly leaves, tolerates shade and chokes out weeds. Like other comfrey but will not need chopping & dropping. Walk across it to access other plants.

## Crimson Clover



Crimson Clover is a good choice for smothering weeds, fixing nitrogen from the air and is a fast growing bulky green manure. It has deep roots that penetrate the soil and bulky furry foliage that once chopped & dropped helps to improve soil structure. Most of the mulching should be done before flowering, leaving a few flowers for bees & reseeding.

## Betony



*Stachys officinalis*, a dynamic accumulator, living ground cover & Bee plant with medicinal properties. Was used to prevent bad dreams ('frightful nocturnal goblins and terrible sights and dreams').

## Ground Nut (*Arachis hypogaea*)



A nitrogen fixing edible root like peanut, needs more attention than other plants in the scheme but worth a try yellow flowers.

## Ferns



**Fiddleheads** or **Fiddlehead greens** are an edible, dynamic accumulator the furred fronds of a young ferns, they have antioxidant activity, are a source of omega 3 & 6 fatty acids, and are high in iron and fibre. (*Matteuccia struthiopteris*, *Atthyrium filix-femina*,) some of the spirals can be harvested not all.

**Horse radish** Edible leaves & dynamic accumulator



Deep rooted, low maintenance perennial ground cover, young leaves edible in salads with mustard flavour, Bee plant. Mulch well.

## Horsetail



A deep rooted prolific ground cover and perennial Dynamic accumulator, grows 0.2-1.5 m tall, young plants are eaten cooked or raw in **small quantity**.

## Lupin



A nitrogen fixer, bee plant & attractive ornamental.

## Lemon Balm *Melissa officinalis*



A dynamic accumulator ground cover, bee plant, edible leaves are good for salads & teas, a perennial herb from the mint family. The leaves, which have a mild lemon aroma, are used to make medicine. Lemon balm is used alone or as part of various multi-herb combination products.

## Marjoram



A ground cover, bee plant with edible leaves. Hardy marjoram or French marjoram, a cross of marjoram with oregano, is much more resistant to cold, but is slightly less sweet.

## Mints



Spearmint & Apple mint are great ground cover, bee plants and good mulching plants, chop & drop with shears. Also a tea & salad plant.

## Ramsons



*Allium ursinum* – known as ramsons, buckrams, wild garlic. A native plant with edible **leaves**, a perennial ground cover & bee plant, very suitable for the site. Bulbs can be planted at the end of summer and before spring begins.

## Rhubarb



(*Rheum rhabarbarum*), a perennial ground cover, with edible stems & an important Chinese medicine plant. Easy low maintenance plant, divide every 3-4 years, mulch well.

Canopy Trees year 1

Black Mulberry x 1 •10 litre large potted •£27.00

Langley Bullace Plum x 1x•maiden •bare root SJA • £19.95 each

Amelanchier Lamakii x 3 • feathered maidens •150-175 £19.95

Hazel x 2 bush •3/5 shoots bare root • £14.95 each

Cherry ( Black Oliver ) x1 maiden •bare root colt 18.95

Golden Transparent Gage x 2•maiden •bare root SJA • £19.95

Medlars x 2 •7litre containers •£24.95 each

Alder (Common)- *Alnus glutinosa* x 2 • feathered maidens •200-250cms •£24.95 each