

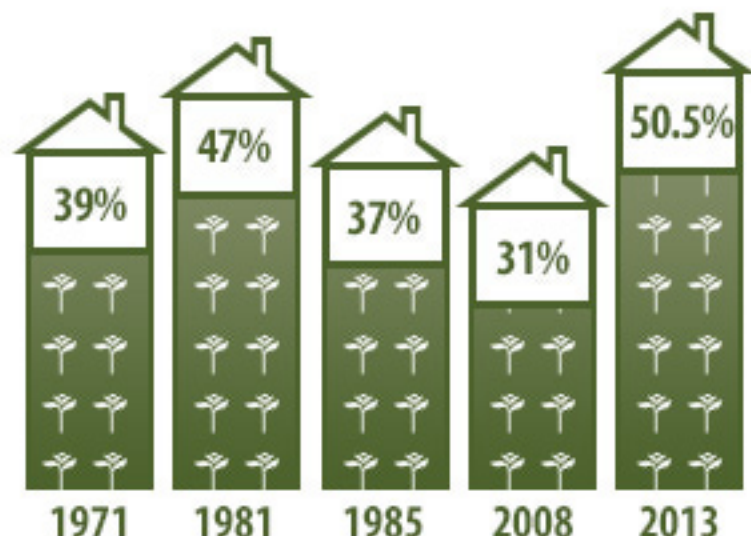
BEAUTIFUL & TASTY LANDSCAPING

Portland's Edible Paradise

A brief guide to growing food in Portland



U.S. HOUSEHOLDS THAT GROW VEGGIES:



An estimated **56 million U.S. households** have grown food in the past 4 years



Edible gardening is expected to **increase by 11.3%** in 2013

WHY? DO PEOPLE GROW FOOD?



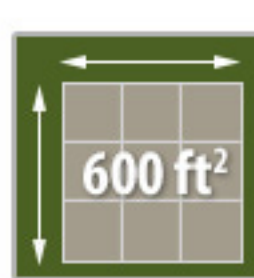
A LOOK AT THE AVERAGE FOOD GARDENER



Has gardened for **12 years**



Spends **5 hours per week** in the garden



Devotes **600 ft.² of yard** to growing food



Harvests **300 lbs of food** each year

A well-tended edible garden can yield up to $\frac{1}{2}$ pound of fresh produce per square foot

WHAT'S IN OUR EDIBLE LANDSCAPES?



Vegetables



Herbs



Fruit Trees



Berries

MOST POPULAR VEGGIES:



Tomatoes



Cucumbers



Sweet Peppers



Beans



Carrots



Summer Squash



Onions



Hot Peppers



Lettuce



Peas

WHEN TO PLANT PORTLAND EDIBLES



SPRING



Herbs

Rosemary
Oregano
Sage
Winter savory
Thyme
Marjoram
Lavender
Bay
Artichoke



Berries

Blueberry
Huckleberry
Currant
Thimbleberry
Strawberry



Edible Flowers

Nasturtium
Calendula
Bee balm

LATE SPRING/EARLY SUMMER



Vegetables

Tomato
Cucumber
Peppers
Carrots
Celery
Peas
Beans
Squash

LATE SUMMER



Leafy Greens

Kale
Rhubarb
Mustard
Spinach
Lettuce
Arugula
Collards
Mizuna



Winter Veggies

Broccoli
Carrots
Garlic
Leek
Radish
Peas

FALL



Fruit Trees

Plum
Crabapple
Persimmon
Asian pear
Apple
Grapes
Fig



Unusual Edibles

Strawberry tree
Hardy kiwi
Black elderberry
Serviceberry

EDIBLE LANDSCAPING TIPS

Top 5 Challenges of Edible Gardening

- ☒ TIME
- ☒ INSECT & DISEASE CONTROL
- ☒ WILDLIFE CONTROL
- ☒ IRRIGATION
- ☒ COST



Avoid Chemicals

Pesticides, herbicides & chemical fertilizers can contaminate your food



Compost

Composting helps plants flourish & eliminates the need for commercial fertilizers



Rotate Crops

Changing where you plant your crops every year helps prevent diseases



Mulch

Mulching reduces weeds, helps prevent disease & conserves water



Harvest Promptly

Allowing food to rot on the ground makes your garden attractive to pests

SOURCES: National Gardening Association, Garden Writers Association Foundation, Mother Earth News



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