



# MONUMENT TO SHARING



## FIELD GUIDE

“Gently take what you need  
and leave some for others.”



a living artwork by

# Fallen Fruit

David Allen Burns and Austin Young

# MONUMENT TO SHARING

BY DAVID ALLEN BURNS AND AUSTIN YOUNG / FALLEN FRUIT  
COMMISSIONED BY THE NEVADA MUSEUM OF ART

The Los Angeles-based art duo David Allen Burns and Austin Young/Fallen Fruit conceived of *Monument to Sharing* as an art installation in the form of a shared public resource. The living artwork, which occupies the Linda and Alvaro Pascotto Sculpture Plaza outside the Nevada Museum of Art, consists of twenty-four fruit-bearing trees, a berry patch, grapevines, herbs, and a series of edible pollinators that the public is welcome to harvest. Fallen Fruit's collaborative project invites visitors to explore ideas of generosity, agricultural production, and how gardens can foster civic participation.

According to the artists, public spaces can connect us in interesting ways: "we believe everyone is a collaborator in making something special—even the stranger or passerby. We believe that artwork has a resonant effect. Fruit (and food) is a universal gift to humanity and fruit is always political." A shared resource for the community, *Monument to Sharing* is also a unique expression of Reno's history as it includes native and non-native species used by original inhabitants as well as plants brought by westward expansion and farmers. The artists encourage visitors to gently pick the fruit they need, while leaving enough to share with others.

Fallen Fruit was originally conceived in 2004 by Matias Viegner, David Allen Burns, and Austin Young. Since 2013, Burns and Young have continued the collaborative work. The collective began by mapping fruit trees growing on or over the margins of public spaces in neighborhoods of Los Angeles. Since then, they have created community-based public gardens around the country. "We think that cities can—and should—be like communal gardens," the artists say, "by creating artworks as collaborative public spaces, we want to make food resources available to everyone. Unfortunately, many city codes are antiquated, and rather than allowing edible plants to be planted along city streets, they instead require ornamental trees that often don't benefit pollinators or people. We want to change that."

## COVER ARTWORK

David Allen Burns and Austin Young / Fallen Fruit  
*The Power of Pollinators (And Other Living Things)* (detail), 2024  
Site specific wall covering and fabric curtain  
Dimensions variable  
Nevada Museum of Art, gift of Ronald L. and Madeline K. Ackley  
Image courtesy of the artists



*Monument to Sharing* is located in the Linda and Alvaro Pascotto Sculpture Plaza, at the northwest corner of the museum grounds. Photo: Chris Holloman



The instructions for *Monument to Sharing*. Photo: courtesy of the artists

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# RULES OF ENGAGEMENT

**KNOWLEDGE IS POWER:** Explore the plant guide to learn about the edible plants and pollinators. Taste them, cook with them, and share what you learn with others. Ask questions!

**GENTLY TAKE WHAT YOU NEED:** Harvest with care. Never damage the tree or plant—avoid breaking branches, pulling forcefully, or using tools that may cause harm.

**PICK WHEN READY:** Pick the fruit, berries, flowers, when they are ready to enjoy.

**LEAVE SOME FOR OTHERS:** This is a sharing garden—a treasure hunt. Savor a berry or a peach, but leave plenty for others to discover and enjoy.

**SAY HI TO STRANGERS:** Make new friends as you explore the garden.

**JOIN US:** You're invited to help care for *Monument to Sharing*. Volunteer and be part of the community!

**SHARE YOUR FRUIT:** Plant a fruit tree in front of your property, school, or community center and map it for sharing with others. Fallen Fruit's companion project, *The Endless Orchard*, is the largest living artwork: an online map of fruit trees planted in and along public spaces. For more information visit [endlessorchard.com](https://endlessorchard.com).



The curators and garden consultant with the artists. (left to right) Kolin Perry, Tom Stille, Apsara DiQuinzio, David Allen Burns, and Austin Young. Photo: Chris Holloman



Numeric markers are located in *Monument to Sharing* near plant types and reference additional information about the plants' origins and other attributes. Photo: Kolin Perry

# PLANT FINDER

Each number next to a plant name corresponds to a marker located in proximity to each type of plant in the Linda and Alvaro Pascotto Sculpture Plaza. These markers refer visitors to additional information about origin and attributes for each species located in this booklet and in the Bloomberg Connects App.

## **AMARANTH [1000]**

Amaranth is native to Central and South America and has been consumed as a staple food by Indigenous cultures for thousands of years. Drought tolerant, resilient, and easy to grow, it produces colorful flowers that range from deep red to gold. Amaranth is considered a superfood due to its high protein content. The leaves are edible and can be cooked like spinach. The seeds are a pseudocereal, like quinoa, and are gluten free. They can be cooked and used in porridge or soups or added to salads and baked goods. The seeds pop like popcorn when heated and can be utilized as a crunchy topping.

## **COX'S ORANGE PIPPIN APPLE [1001]**

Cox's Orange Pippin apples thrive in cooler climates and well-drained soil and typically ripen in early to mid-fall. They have a relatively short storage life, compared to other varieties, and thus are best eaten fresh for maximum flavor. Despite being a more delicate and less widely grown apple than modern commercial types, they are a favorite among connoisseurs for their unique and complex taste. The apples are medium size with a red-and-orange flush over a yellow-green background. The flesh is firm, fine textured, and very juicy and popular for making cider, pies, and other desserts due to its intense flavor. Leaves can be used to make a tea that is subtle and slightly fruity with a hint of sweetness and may provide mild digestive support and relaxation.

## **GOLDEN DELICIOUS APPLE [1002]**

Golden Delicious apple trees thrive in full sun and well-drained soil. The fruit is typically harvested in the fall and has a good shelf life. This variety is recognized for its sweet, mild flavor and crisp, juicy texture. The apples have a tender, thin skin and pale, creamy flesh that is both sweet and aromatic, with a slight honey-like flavor. Unlike some apples, they hold their shape well when baked and retain their flavor when cooked. They perform well in pies, sauces, and salads. Leaves can be used to make a tea that is subtle and slightly fruity with a hint of sweetness and may provide mild digestive support and relaxation.

## **GRANNY SMITH APPLE [1003]**

Granny Smith apples have a bright green skin and tart flavor. Originating in Australia, they were propagated in 1868 by Maria Ann Smith, after whom the variety is named. They are crisp, firm, and juicy, making them ideal for baking and cooking, and maintain their texture and flavor for months when stored properly. Their tartness is often balanced with sweet ingredients in recipes, making them a great choice for pies, sauces, and salads. Their leaves can be used to make a tea that is subtle and slightly fruity with a hint of sweetness and may provide mild digestive support and relaxation.

## **HONEYCRISP APPLE [1004]**

Honeycrisp apple trees thrive in cooler climates and are grown extensively in the northern United States and Canada. The fruit is typically harvested in late summer to early fall and stores well for several months under the right conditions, maintaining its crispness and flavor. The apples are large, with a mostly red skin often flecked with yellow or green. The flesh is firm, juicy, sweet, slightly tart, and known for its explosive crunch. Honeycrisp apples can be used in salads, sauces, baking, and cider. The leaves make a tea that is subtle and slightly fruity with a hint of sweetness and may provide mild digestive support and relaxation.

## **MCINTOSH APPLE [1005]**

McIntosh apple trees thrive in colder climates, like northern Nevada, where they have long been a staple. The apples are harvested in early to mid-fall and are medium size with white, tender flesh that becomes softer as the fruit ripens. Their flavor is a balanced combination of sweet and tangy. The delicate texture makes them excellent for applesauce, cider, and certain types of baking, such as pies, where a softer apple is desirable. The leaves can be used to make a tea that is subtle and slightly fruity with a hint of sweetness and may provide mild digestive support and relaxation.

## **PINK LADY APPLE [1006]**

Thriving in warm climates with plenty of sunshine, Pink Lady apple trees require a longer growing season than many other varieties. The fruit is usually harvested in late fall, and its natural firmness gives it an impressive shelf life, often staying fresh for several months when stored properly. These apples are not only valued for their taste but also for their appearance, with vibrant skin and white, juicy flesh. They are excellent for fresh eating and, due to their ability to retain their shape and flavor during cooking, also great for baking, salads, and sauces. The leaves can be

used to make a tea that is subtle and slightly fruity with a hint of sweetness and may provide mild digestive support and relaxation.

#### **CHINESE MORMON APRICOT [1007]**

One of the most notable features of this apricot variety is its cold tolerance and ability to bloom after other apricot types, helping to avoid damage from late frosts. It is also self-pollinating, which means it does not require a second apricot tree for pollination, though planting more than one can increase yield. The tree is relatively easy to care for, thriving in full sun and well-drained soil. Chinese Mormon apricots typically ripen in mid- to late summer, providing a reliable harvest even in less-than-ideal growing conditions. The fruit is medium size with a yellow to orange skin that may have a slight red blush. The flesh is juicy, flavorful, and sweet with a slight tartness, making it good for fresh eating, drying, canning, and baking. This variety is called a “sweet pit” because the kernel can be eaten like an almond (but consumption should be limited to only a few since they can be harmful in large quantities).

#### **HARGLOW APRICOT [1008]**

The Harglow apricot tree thrives in cooler climates and blooms later than many other types, which helps protect it from late spring frosts that can damage early blossoms. Its fruit is smaller in size, compared to other apricots, but has a deep orange color and firm flesh, making it ideal for fresh eating, drying, canning, and baking. This variety is notable for its sweet, tangy flavor, with a balance of sugar and acidity that is particularly enjoyable, and its resistance to common apricot diseases like bacterial canker and brown rot.

#### **TILTON APRICOT [1009]**

The Tilton apricot tree is known for its hardiness and late blooming, which makes it less susceptible to frost damage in the spring. It is a popular choice in the United States, particularly in regions with warm, dry summers, for its ability to produce consistently high-quality fruit. Tilton apricots thrive in full sun and well-drained soil. The fruit typically ripens in mid-summer, providing a reliable and abundant harvest. It has a distinct heart shape with bright yellow to orange skin, often blushed with red on the side exposed to the sun. The flesh is firm yet juicy, with a rich, sweet/tart flavor that makes it ideal for fresh eating, drying, canning, and cooking. This variety is a top choice for making jams, preserves, and pies because it maintains its flavor and texture well during preparation.

#### **ARONIA [1010]**

Aronia, also known as chokeberry, is a hardy, deciduous shrub native to North America. It produces small, dark berries that are known for their tart, astringent flavor. The shrubs are valued not only for their fruit but also for their attractive foliage, which turns vibrant red in the fall. The

plant is drought resistant, adaptable to a variety of soil types, and can tolerate both full sun and partial shade. It is often planted in gardens and landscapes for its ornamental value and as a food source. The berries are rich in antioxidants, vitamins (especially C and K), and fiber, making them a popular superfood with numerous health benefits. The fruit is usually too tart to eat raw but is commonly used in juices, jams, sauces, and baked goods.

#### **ASTER [1011]**

Asters are a group of flowering perennial plants known for their daisy-like blooms and vibrant colors, which range from purple, blue, and pink to white. They are native to North America and are often a favorite in late summer and fall gardens because they provide bright, attractive flowers when many other plants have finished blooming. They are also quite hardy and adaptable to a variety of climates. Asters prefer well-drained soil and thrive in full sun to partial shade. They are often planted in borders and are popular as cut flowers. These plants are excellent for attracting pollinators like bees and butterflies, making them beneficial for eco-friendly and wildlife gardens. Asters are relatively low maintenance and drought tolerant, once established. The young leaves and flowers of certain varieties can be eaten raw or cooked, though they are not commonly used in modern cuisine. Historically, some Native American tribes used parts of the aster plant in their diet or for medicinal purposes. The leaves are typically mild in flavor, similar to other leafy greens, and can be added to salads or sautéed. The flowers can be used as an edible garnish to add a splash of color to dishes, though their taste is often subtle and slightly grassy.

#### **THORNLESS BLACKBERRY [1012]**

Blackberries grow well in most soils and can handle various moisture levels. They prefer full sun but can tolerate some shade. Blackberries are self-fertile, but planting more than one can increase yield and fruit size. Thornless varieties grow long, straight canes that can be trellised to save space and make harvesting easier. They should be planted at least three feet apart for good sun and airflow. The first fruit will come in the second year, with berries ripening from green to red to black. Picking only fully ripe blackberries is advisable, as they won't get sweeter after harvesting. They can be gathered every two to three days and should not sit in direct sunlight after being plucked.

#### **BLUEBERRY [1013]**

Blueberries are perennial plants with blue or purple berries. There are two main types: wild (lowbush) and cultivated (highbush), both native to North America. Blueberry shrubs range from four inches to thirteen feet tall. Wild blueberries grow through cross-pollination, producing a variety of plant characteristics, while cultivated varieties prefer sandy or loamy soil and need mulch and fertilizer to thrive. Blueberries grow best in a sunny, sheltered spot with well-drained,

acidic soil. Mulch, like pine needles or bark, helps to keep the soil moist but not soggy. Fertilizer can be applied in early spring, and late winter is a good time to prune weak stems and encourage new growth. Blueberries are sweet, nutritious, and low in calories and packed with antioxidants, fiber, and vitamins, making them a popular superfood. They can be eaten fresh or used in jams, pies, and even wine.

#### **CATMINT [1014]**

Catmint is a long-lasting perennial from the mint family, with aromatic gray-green leaves and flower spikes in lavender blue, pink, or white. It blooms from late spring to fall, attracting pollinators like hummingbirds, bees, and butterflies. Catmint grows best in full sun to partial shade and can thrive in various soil types, including rocky or clay earth, preferring well-drained soil to avoid root rot. Drought tolerant and low maintenance, it's ideal for beginning gardeners and water-wise landscapes. Its mounding or upright shape works well in borders or mass plantings. Catmint is virtually free from pests and diseases, while its scent repels deer and rabbits. It is also edible, used for tea, salads, flavoring cooked foods, and even relieving toothaches or tenderizing meat. The leaves and flowers can also be smoked to help with anxiety.

#### **CHAMOMILE [1087]**

Chamomile is an ancient and widely used herb derived from the daisy-like flowers. It's known for its calming and soothing properties. Chamomile has been used for centuries to address a variety of ailments. Tea is the most common and widely consumed form, made from dried chamomile flowers steeped in hot water. Also used in aromatherapy for calming and relaxation, or diluted and applied topically for skin conditions. It is recognized as a mild sedative and is often used to promote relaxation, reduce anxiety, and improve sleep quality. It has been traditionally used to soothe an upset stomach, relieve indigestion, and diarrhea. Some research suggests chamomile may also offer benefits for menstrual comfort, blood sugar control, immunity, and potentially even have anti-cancer properties.

#### **CORAL BELLS [1015]**

Native to North America, coral bells, also called alumroot (*Heuchera*), are often grown in gardens for their vibrant leaves, which come in a wide range of shades, including green, purple, silver, and bronze. This colorful foliage persists from spring to fall, forming a mound. The flowers bloom in late spring to early summer and can be red, pink, or white, rising above the foliage on tall, slender stems. Coral bells prefer well-drained soil and are drought tolerant, once established. They are versatile and thrive in partial shade, though some varieties can tolerate full sun. In gardens, they are often used as ground cover, in borders, or in containers due to their striking appearance. In addition to their ornamental value, this plant attracts pollinators like hummingbirds and bees. Coral bells have edible leaves with a slightly sour

taste, suitable for salads and sandwiches. Some species were used medicinally by Native Americans, who utilized the roots for treating sore throats and digestive issues. Fortunately, all parts of the plant are non-toxic.

#### **BING CHERRY [1016]**

Bing cherry trees thrive in well-drained soil and full sun and need a winter chill to produce fruit. They typically bloom in the spring, with the cherries ripening in early to mid-summer. This variety originated in Oregon in the late 1800s, developed by horticulturist Seth Lewelling, and is named after his foreman, Ah Bing. While these trees require cross-pollination from another cherry variety to produce fruit, they are highly productive, once established, and yield an abundant crop. The trees are primarily grown in the Pacific Northwest, California, and other regions with a cool climate, and their products are widely prized for their excellent flavor, firm flesh, and versatility. Known for their large size and deep red to almost black color, Bing cherries have a sweet, juicy flavor and firm texture, making them a favorite for fresh eating. They are also commonly used in baking, canning, and making jams or preserves. The flowers and/or leaves may be used to make a mildly sweet tea with a slight almond essence and have been used in folk remedies for their calming and digestive effects.

#### **RAINIER CHERRY [1017]**

Rainier cherry trees grow best in well-drained soil and full sun and require regular watering, especially during fruit development. They are primarily grown in the Pacific Northwest, particularly in Washington, where the climate is ideal for their cultivation. Known for their juicy, flavorful taste, Rainier cherries are considered a luxury fruit and are sought after by connoisseurs. This premium variety is known for its large size, golden-yellow skin with a red blush, and exceptionally sweet flavor. These cherries are typically harvested in the early summer and are best eaten fresh, but they can also be used in desserts, jams, and preserves. The flowers and/or leaves may be used to make a mildly sweet tea with a slight almond essence and have been used in folk remedies for their calming and digestive effects.

#### **STELLA CHERRY [1018]**

The Stella cherry tree thrives in well-drained soil and full sun, similar to other varieties, and is typically easy to grow. One of its standout features is that it is self-fertile, meaning it doesn't require another tree for pollination. It produces fruit in mid-summer, and the cherries are known for their firm texture and resistance to cracking, which makes them easier to store and transport. This tree also tends to be disease resistant, which adds to its popularity among home gardeners. The Stella cherry is known for its large, heart-shaped fruit and deep red color. It has a rich, juicy flavor that is slightly less sweet than types like Bing or Rainier, making it a favorite for fresh eating as well as for use in desserts, jams, and

preserves. The flowers and/or leaves may be used to make a mildly sweet tea with a slight almond essence and have been used in folk remedies for their calming and digestive effects.

#### **UTAH GIANT CHERRY [1019]**

Utah Giant cherry trees thrive in well-drained soil and full sun, similar to other varieties, and are typically grown in regions with a cold winter climate, which helps the trees produce a good crop. They bloom in spring, and the fruit is usually ready for harvest in late June to early July. The Utah Giant cherry is known for its large size, firm texture, and rich, sweet taste and is darker in color than other types, with a deep red to almost black skin. The juicy, flavorful flesh is popular for use in desserts, preserves, and canning. The flowers and/or leaves may be used to make a mildly sweet tea with a slight almond essence and have been used in folk remedies for their calming and digestive effects.

#### **MONTMORENCY CHERRY [1020]**

Montmorency cherry trees are hardy and thrive in cool climates with well-drained soil and full sun. They typically bloom in the spring, and the cherries are ready for harvest in early to mid-summer. This variety is self-fertile, meaning it does not require another tree for pollination, making it a good option for home gardeners. Montmorency cherries are the most widely grown tart variety in the United States, especially in Michigan, which is known for its large production of this fruit. Unlike sweet cherries, Montmorency ones have a tart, slightly sour taste, making them ideal for use in pies, jams, jellies, sauces, and preserves. They are also commonly used for making cherry juice, dried cherries, and cherry-based products. This type is also popular for its anti-inflammatory properties, with research suggesting it may help with muscle recovery and sleep. The flowers and/or leaves may be used to make a mildly sweet tea with a slight almond essence and have been used in folk remedies for their calming and digestive effects.

#### **SAND CHERRY [1021]**

The sand cherry shrub has silvery green leaves, white flowers, and purple-black fruit. It requires minimal pruning and is drought tolerant and extremely winter hardy. The shrub is often planted in rural areas for wildlife, providing food and cover for birds and deer. It is also popular as an ornamental plant due to its unique foliage and white blossoms. This low-maintenance shrub starts producing fruit two to four years after planting. The sand cherry is a large wild variety with a rich, dark flavor. Ripe ones are sweet and best for consumption; unripe ones are bitter. The fruit can be eaten fresh or used in jams, jellies, and pies. Dried leaves can be used to make tea.

#### **CHIVES [1022]**

Chives are a perennial herb, native to temperate regions of Europe, Asia, and North America, and the only allium

species found in both the Old and New Worlds. They grow in dense clusters, reaching from twelve to twenty inches tall, with slender, hollow leaves and pale purple star-shaped flowers that bloom in the spring. Chives are easy to grow, thriving in well-drained soil and full sun. They are often planted for their ornamental value and to repel insects, due to their strong sulfur compounds, though their flowers attract bees and other pollinators. The herb is widely employed in cooking for its mild, onion-like flavor and can be added to dishes like omelets, potatoes, soups, and salads. The flowers are also edible and sometimes used in salads or to make flavored vinegars. Historically, chives were believed to have medicinal properties and were even utilized in fortune telling and to ward off evil spirits.

#### **BLACK CHOKEBERRY [1023]**

Black chokeberry grows from four to eight feet tall. Thriving in various soils and adaptable to full sun or partial shade, this versatile shrub features glossy leaves that turn red in autumn, white/pink flowers, and abundant black fruit by September. It is a landscape favorite, ideal for shrub borders or wooded or rain gardens, attracting birds with its persistent fruit (but may require protection from deer and rabbits). While astringent when consumed raw, this antioxidant-rich superfood is used in baking, jams, jellies, syrup, tea, juice, and wine.

#### **GOLDEN CURRANT [1024]**

The golden currant is a deciduous shrub that ranges from small to medium in size. While drought tolerant in maturity, it thrives in areas such as the base of slopes, proximity to creeks, or canyon bottoms. Its vibrant yellow flowers, which emit a distinctive fragrance reminiscent of cloves or vanilla, adorn the shrub in spring and serve as a magnet for hummingbirds and monarch butterflies. The green leaves, resembling those of the gooseberry, transform into a striking red hue during autumn. From an early age, the shrub yields berries approximately half an inch in diameter. These mature into delicious, amber-yellow to black fruits that attract a diverse array of birds.

#### **RED CURRANT [1025]**

Currants grow well in various soils but prefer cool, moist, well-drained clay loam. In sandy earth, mulching and regular watering are important. They thrive in sunny spots but can tolerate some shade. Red currants, native to Europe, were first cultivated in Belgium and France in the seventeenth century. Many cultivars now grow in the wild across Europe and Asia. White currants are a sweeter variant of red currants, not a separate species, and are sometimes sold under different names. Currant bushes are low maintenance and can be ornamental. They are deciduous shrubs, typically growing about three feet tall, with clusters of small, red, edible berries that ripen in mid- to late summer. A mature bush can produce over five pounds of berries.

**SHASTA DAISY [1026]**

The Shasta daisy, a popular perennial flower known for its classic white petals surrounding a bright yellow center, is named after California's Mount Shasta due to its snowy white blooms. Resembling the traditional daisy, the Shasta variety is beloved for its simple yet striking appearance and is commonly used in gardens and borders. The long-lasting blossoms are also excellent for cutting and bringing indoors for floral arrangements. These daisies typically grow between two to three feet tall and bloom from early summer to fall. Shasta daisies thrive in full sun and prefer well-drained soil, making them easy to grow and maintain. They are drought tolerant, once established, and can be divided every few years to promote healthy growth and increased flowering. They attract pollinators like bees and butterflies.

**DAYLILIES [1027]**

Daylilies are hardy, perennial plants that bloom in a wide range of colors, including yellow, orange, red, and pink with a long bloom period throughout the summer. They are easy to grow and very adaptable, thriving in a variety of soil types and conditions, including full sun to partial shade. They are drought tolerant, once established, and resistant to many pests and diseases. Originally from Asia, daylilies were brought to North America by explorers and colonists. Edible, with a long culinary history, their tender foliage, buds, and flowers are consumed raw, added to soups, or sautéed with butter and garlic. The root's swollen portions, when boiled, offer a mild peppery taste and act as a thickening agent in stews. Daylily buds can also be deep-fried for a special summer treat, tasting like a mix of green peas and asparagus.

**ECHINACEA [1028]**

Echinacea, also known as the purple coneflower, is a native North American plant that is easy to cultivate in well-drained soil and full sun. It is drought tolerant, once established, and usually grows from two to five feet tall. The most common type, *Echinacea purpurea*, has daisy-like flowers with purple or pink petals and a cone-shaped center, blooming from midsummer to fall. These flowers attract bees and butterflies and add color to gardens. Echinacea is well known for its medicinal uses, especially in boosting the immune system. Extracts from its roots, leaves, and flowers are utilized to help prevent and treat colds, flu, and other infections. Historically, Indigenous peoples used echinacea for various ailments like colds, sore throats, and pain relief—practices that were later adopted by European settlers.

**ELDERBERRY [1029]**

Elderberry plants prefer well-drained, moist soil and thrive in full sun to partial shade. They are hardy and grow well in temperate climates, reaching heights of six to twelve feet. These shrubs or small trees produce clusters of tiny white or cream-colored flowers, followed by dark purple to black berries. The elderberry flowers, often referred to as

elderflowers, have a delicate, sweet flavor. Elderberries are known for their high antioxidant content, including vitamins A and C, and are widely believed to support the immune system. The berries are commonly made into jams, jellies, wines, and pies, though they must be cooked before consumption, as raw berries can be mildly toxic. Elderflower and elderberry extracts, syrups, and teas are popular natural remedies for colds and flu, with studies suggesting they may help reduce the severity and duration of symptoms.

**BLACK LACE ELDERBERRY [1030]**

The Black Lace elderberry is hardy, easy to grow, and can be used as a stunning focal point in gardens. In late spring to early summer, it produces clusters of soft pink flowers with a light, lemony scent, which contrast beautifully against the dark leaves. This versatile shrub thrives in well-drained soil, prefers full sun to partial shade, and can be grown in various climates. Its berries, while bitter when raw, can be cooked and used in syrups, jams, wines, and other culinary creations. Elderberries and their flowers are also known for their immune-boosting properties.

**BROWN TURKEY FIG [1031]**

The medium-size Brown Turkey fig tree is considered an easy-to-grow variety. It is hardy, tolerates a range of earth, and thrives in well-drained soil and full sun. It is also cold tolerant compared to other types, with large, deeply lobed leaves that provide an attractive, tropical look to gardens and landscapes. These trees are a good choice for beginner gardeners due to their hardiness and reliable fruit production. The figs' versatility in the kitchen and pleasant sweetness make them a popular choice for fresh snacking, preserves, desserts, or adding a unique twist to savory dishes. Fig leaves can be steeped in hot water for five to ten minutes to make a tea that is known to help manage blood sugar levels and provide antioxidant benefits. The leaves, secured with kitchen twine, can also be used to wrap fish, meat, or vegetables before grilling or steaming until cooked through, imparting a mild, earthy flavor.

**DESERT KING FIG [1032]**

The Desert King fig tree produces large, green-skinned fruit with a sweet, strawberry-colored flesh. It can grow to a moderate size, reaching about ten to fifteen feet in height, and is self-pollinating, meaning it does not require another tree to produce figs. This makes it a good choice for a productive variety in less-than-ideal climates. The tree is easy to grow, thriving in well-drained soil and full sun. It is drought tolerant, once established, though regular watering will improve fruit production. The figs are prized for their rich flavor and high sugar content, making them excellent for fresh eating, as well as for drying or making jams. The fruit is typically ready for harvest in mid- to late summer, and the tree often produces a heavy breba crop (the first crop of the season) in early summer. Fig leaves can be steeped in hot water for

five to ten minutes to make a tea that is known to help manage blood sugar levels and provide antioxidant benefits. The leaves, secured with kitchen twine, can also be used to wrap fish, meat, or vegetables before grilling or steaming until cooked through, imparting a mild, earthy flavor.

#### **CHICAGO HARDY FIG [1033]**

The Chicago Hardy fig tree is relatively compact, reaching a height of about ten to fifteen feet, which makes it a good option for smaller gardens or even container growing. It thrives in well-drained soil and full sun and, like most figs, requires regular watering during the growing season. In colder climates, even if the tree dies back to the ground during the winter, it often regrows from the base in the spring, continuing to produce fruit, making it an excellent choice for gardeners looking to grow figs in less-than-ideal climates. The tree produces medium-size, sweet figs with purple-brown skin and pink to light red flesh. The figs typically ripen in late summer to early fall, providing a reliable harvest each year. The fruit is excellent for fresh eating but can also be used in jams, preserves, and baked goods. Fig leaves can be steeped in hot water for five to ten minutes to make a tea that is known to help manage blood sugar levels and provide antioxidant benefits. The leaves, secured with kitchen twine, can also be used to wrap fish, meat, or vegetables before grilling or steaming until cooked through, imparting a mild, earthy flavor.

#### **OLYMPIAN FIG [1034]**

The Olympian fig tree is easy to grow, thriving in well-drained soil and full sun, and is also drought tolerant, once established. One of the key features of the Olympian fig is its exceptional cold tolerance. It can survive temperatures down to around 10°F (-12°C), making it one of the hardiest varieties available. The tree is relatively compact, growing from about eight to ten feet tall, and is self-pollinating, so it does not require a second tree for fruit production. It typically produces its first crop (known as the breba crop) in early summer, followed by a main crop later in the season, depending on the climate. The fruit of the Olympian fig is notably large, with a purple skin and soft, juicy flesh that is sweet and flavorful. The figs are excellent for fresh eating but can also be used in jams, baking, and other culinary applications. Fig leaves can be steeped in hot water for five to ten minutes to make a tea that is known to help manage blood sugar levels and provide antioxidant benefits. The leaves, secured with kitchen twine, can also be used to wrap fish, meat, or vegetables before grilling or steaming until cooked through, imparting a mild, earthy flavor.

#### **VIOLETTE DE BORDEAUX FIG [1035]**

The Violette de Bordeaux fig tree is compact, making it ideal for small gardens or container planting. It thrives in well-drained soil and full sun, and while it does best in warm, Mediterranean-like climates, it is also one of the

more cold-tolerant varieties. In addition to its flavorful fruit, the tree is admired for its ornamental value, featuring large, deeply lobed leaves that add beauty to any landscape, and is also known for producing two crops per year. This highly sought-after type of fig is known for its rich flavor, small to medium size, and deep purple-black skin. Inside, the fig has a striking, deep red flesh that is incredibly sweet, with a flavor described as intense, rich, and reminiscent of berries or honey. Because of its superior taste, this fig is often eaten fresh but is also great for making jams, desserts, and drying. Fig leaves can be steeped in hot water for five to ten minutes to make a tea that is known to help manage blood sugar levels and provide antioxidant benefits. The leaves, secured with kitchen twine, can also be used to wrap fish, meat, or vegetables before grilling or steaming until cooked through, imparting a mild, earthy flavor.

#### **GERANIUM [1086]**

Geraniums are popular flowering plants known for their diverse blooms, foliage, and fragrances. They are hardy, deciduous perennials that return year after year, dying back to the ground in winter and regrowing in spring. Leaves and flowers of some scented geranium varieties are edible and can be used to flavor desserts, jellies, teas, and drinks. Geranium essential oil can be extracted from the leaves and stems of some species; it is used in aromatherapy to reduce stress, anxiety, and depression, and for its antiseptic and anti-inflammatory properties. Certain scented geraniums, like the citronella plant, are thought to repel insects like mosquitos—the oils are released when the leaves are touched.

#### **GOLDEN JUBILEE PEACH [1085]**

The Golden Jubilee peach is a popular, cold-hardy variety known for its high-quality, juicy, freestone fruit that ripens in July. It's a good choice for canning, freezing, and fresh eating, and it thrives in colder climates where other peach varieties might struggle. The tree is also self-fertile, though planting a pollinator can increase fruit production. The Golden Jubilee peach produces fragrant pink flowers in the spring, has dark green foliage, and can tolerate urban pollution.

#### **GOLDENROD [1036]**

Goldenrod thrives in full sun and is adaptable to various soil types. It plays a crucial role in supporting pollinators, and its young leaves are edible. The plant is deer resistant, tolerates drought and poor soil, and faces few problems with diseases or insects. Goldenrods bloom from late summer to mid-fall, with some varieties continuing to flower until the first frost, and are excellent for bouquets. Native Americans traditionally used its seeds as remedies to treat kidney problems and inflammation. In some cultures, goldenrod leaves are chewed for sore throats, and the roots are used to relieve toothaches. Additionally, goldenrod is seen as a symbol of good luck in certain places.

**GOOSEBERRY [1037]**

Gooseberries, native to Europe, are hardy plants that can grow in various locations and soil types, though they prefer moist, well-drained earth. They grow best in sunny spots but can tolerate partial shade and are well suited for Nevada's climate. The fruit is edible and can be eaten raw or used in desserts like pies and crumbles. Early harvests are sour and often used in cooking. Gooseberries can also flavor drinks, be used to make fruit wines, and be preserved as jams or dried fruit.

**CANADICE GRAPE [1079]**

The Canadice grape is a popular variety of seedless red grape and are known for their sweet, slightly spicy, and tangy flavor, with no tough skins. They are versatile and can be enjoyed fresh, made into juice, jellies, raisins, and even wine. They can tolerate a wide range of soil conditions, but good drainage is essential. As grapevines, they are climbing and require a sturdy support system like a trellis, arbor, or fence. Canadice grapes ripen early, typically two weeks before Concord grapes, and are ready for harvest in late summer to early fall (around mid-August through September). Clusters should be picked when they are fully ripe, slightly soft, and easily come off the vine. They are known to be vigorous and highly productive, yielding up to 20-40 pounds of grapes per vine when mature.

**CONCORD GRAPE [1080]**

Concord grapes are widely used to make a variety of products, including grape juice, jelly, jams, and even wine. They are recognized for their bold, sweet, and somewhat tart flavor. This distinctive flavor is often associated with the classic "grape" flavor found in many candies and drinks. They are a good source of antioxidants, particularly resveratrol, which is beneficial for cardiovascular and cognitive health. They are also a good source of vitamin C and potassium. Welch's iconic grape juice, for example, was first made using Concord grapes in 1869 by Dr. Thomas Welch. Concord grapes are known for their ability to tolerate cold climates.

**HIMROD GRAPE [1081]**

Himrod produces large, loose clusters of medium-sized, oval berries that are initially green and mature to a golden yellow. It is known for its sweet, honey-like flavor and juicy, melting texture. When fermented dry, it can taste of ginger, and when partially fermented, it can have notes of kiwi and lime. Its seeds are small and unnoticeable, making it essentially seedless. It is extremely cold hardy and requires annual pruning to maximize fruit production. Himrod is a self-pollinating variety, meaning a single plant can produce fruit. It's important to provide Himrod grapes with full sun for optimal sweetness. The grapes are best stored in a refrigerator after harvesting.

**OREGON GRAPE (MAHONIA) [1038]**

Oregon grape, also known as Mahonia, has cultural significance for some Native American tribes, who have used it for both food and medicine. Oregon grape is a hardy fruit bearing shrub. Low-maintenance, it can tolerate a variety of soil types and light conditions, though it prefers well-drained soil and is partial to full shade. Its attractive foliage, flowers, and berries make it popular in landscaping. The berries of Oregon grape are edible but quite tart and are often used to make jams, jellies, or wine. The plant is also known for its medicinal properties, particularly in traditional herbal medicine, where its roots and bark are utilized to treat skin conditions and support liver health.

**SUFFOLK RED GRAPE [1082]**

Suffolk Red Grapes are known for a sweet, juicy, slightly spicy flavor and tender texture with thin skin. They form medium-sized, round, firm grapes ranging in color from bright red to reddish-pink or grayish-pink. It is typically seedless, though occasionally seeded fruit can occur. It is a vigorous, productive, self-pollinating vine that is cold winter-hardy and prefers full sun and well-drained loamy soil for optimal fruit. It ripens from mid to late summer and produces 10-15 lbs of fruit per plant. Excellent for fresh eating, juice, fruit salads, desserts, jelly, and wine.

**SOCIETY GARLIC [1039]**

Society garlic is a clump-forming perennial native to South Africa. It has grassy leaves and delicate, star-shaped lilac flowers that bloom from early summer to autumn. The plant grows up to two feet tall and emits a strong scent, which makes it resistant to deer and rabbits. It is low maintenance and is often planted in rock and herb gardens, sunny borders, and containers. The leaves and flowers can be eaten as a substitute for chives or garlic, though some people find the strong odor unpleasant.

**HOLLYHOCK [1040]**

Hollyhocks, reaching up to eight feet in height, boast single or double flowers, attracting butterflies, bees, and hummingbirds. Originating in Asia, the plant may have acquired its name during the Crusades, when it was used on horses' legs because of its anti-inflammatory properties. Hollyhocks are safe for humans and non-toxic to dogs. All parts are edible; its petals can be added to salads or utilized as a garnish, and its young, soft leaves can substitute for spinach.

**NECTA ZEE NECTARINE [1041]**

Necta Zee is a genetically dwarf nectarine variety, perfect for container gardening. This beautiful tree produces exquisite, yellow-fleshed, red-skinned fruits. It reaches a compact size of about five feet tall and wide, ripening in late June to early July. It is self-fruitful.

**RED BARTLETT PEAR [1042]**

The red Bartlett pear, initially a rare natural occurrence on a yellow Bartlett tree, was cultivated by growers to yield the abundant crop seen today. Ripening from dark to brilliant red, it becomes sweeter and juicier. Pears should ripen at room temperature; they can be refrigerated to slow the process. Red Bartletts transform in flavor and texture, starting crunchy and tart, and becoming super sweet and juicy when fully ripened. Leaves can be used to make a tea that is delicate and mildly fruity and also known for being calming and providing antioxidant properties.

**ENGLISH LAVENDER [1043]**

English lavender, a popular ornamental plant, is known for its vibrant flowers, fragrance, and drought tolerance. Thriving in Mediterranean climates with well-drained soil, it's hardy in various zones. Culinary uses include herbes de Provence, baked goods, and syrups. Medicinally, its flowers and leaves are utilized for anxiety and sleep issues. It repels moths and is employed by aromatherapists for headaches. Herbalists use lavender oil for skin ailments, and lavender tea can be made from dried buds. English lavenders are valued for their therapeutic properties, including aiding digestion and relieving tension headaches, with varying scientific evidence.

**MOUNTAIN MAHOGANY [1044]**

Mountain mahogany is native to the western United States and parts of northern Mexico. It is not related to true mahogany but earns its name due to the hardness of its wood. It is part of the rose family and thrives in dry, rocky soils, often in mountainous or arid regions. It is commonly found in scrublands, foothills, and open woodlands. Due to its deep root system and ability to thrive in poor soil, mountain mahogany is often used in erosion control and land reclamation projects. It is highly valued for its ecological role in providing forage and habitat for wildlife in harsh, dry environments where other plants may struggle to survive. NOTE: This tree is part of the preexisting landscaping. It does not have any established culinary or edible uses for humans and is best appreciated for its crucial role in stabilizing soils and supporting biodiversity in arid ecosystems.

**COYOTE MINT [1045]**

Coyote mint is a fragrant, perennial herb native to parts of the western United States. A member of the mint family, it is known for its aromatic foliage and clusters of pink to lavender flowers that bloom in the summer. This plant is low maintenance, drought tolerant, and thrives in well-drained soil and full sun. It is often used in native plant and rock gardens and as ground cover in dry landscapes. Coyote mint is beloved for its strong scent, which attracts bees, butterflies, and other pollinators, making it a beneficial plant for wildlife gardens. It has been traditionally used by Native American tribes for its medicinal properties, including making teas to treat colds and digestive issues.

**MONKEYFLOWER [1046]**

Monkeyflower grows from three to four feet tall, is drought and deer resistant, and features bright orange flowers that attract bees, butterflies, and hummingbirds. It prefers well-drained soil, thrives in full sun or light shade, and requires little water, once established. The plant blooms from April to October, and cutting spent flowers can extend the blooming period. It's ideal for planting on slopes for erosion control and can be pruned to renew growth. Monkeyflower is edible, with its young leaves and stems employed in salads or cooking, while the flowers serve as a garnish with a mild, slightly bitter taste. It also has various medicinal uses. Native Americans and early settlers utilized it to treat skin irritations and burns with poultices, while root concoctions were used for epilepsy. Plant washes helped counteract poison, and decoctions were made for chest or back pain. The plant's tea was a remedy for stomachaches, and root treatments addressed fever, diarrhea, and hemorrhages. It was also prescribed for sore eyes and to make infusions for colds, coughs, and heart issues.

**DWARF PERSIAN MULBERRY [1047]**

The dwarf Persian mulberry tree is known for its compact size and delicious sweet/tart fruit. This variety typically grows to a height of six to eight feet, making it ideal for small gardens, patios, or containers. It prefers well-drained soil and full sun and is relatively drought tolerant, once established. The tree has attractive, glossy green foliage that adds beauty to any garden or landscape. Despite its smaller size, this type produces an abundant crop of dark purple to black berries that resemble blackberries in appearance. They typically ripen in late spring to early summer, and the tree continues to produce fruit over an extended period. It is highly prized for its intense flavor, which is rich, sweet, and slightly tangy, making it perfect for fresh eating, jams, jellies, or desserts. Leaves can be used to make a tea that is mildly sweet and slightly herbal and traditionally believed to help regulate blood sugar and support heart health.

**DESERT DELIGHT NECTARINE [1048]**

The Desert Delight nectarine tree is semi-dwarf, which means it is relatively compact and suitable for smaller gardens or container planting, typically reaching a height of ten to fifteen feet. Like most fruit trees, it requires well-drained soil and thrives in full sun. Additionally, the Desert Delight is self-pollinating, meaning it does not require a second tree for pollination, though planting more trees can increase fruit yield. This variety typically ripens early in the season, around mid- to late May, making it one of the first nectarines to harvest each year. The fruit is medium to large in size, with smooth, red skin and sweet, juicy yellow flesh. The flavor is rich and sweet, making it perfect for fresh eating as well as for use in desserts, jams, and other culinary applications.

**ITALIAN OREGANO [1049]**

Italian oregano, a versatile herb known for its culinary uses, is also attractive in gardens and containers. Its leaves are slightly smaller than Greek oregano, making them easy to dry and store. This perennial thrives and is best harvested before it flowers for optimal flavor. It should be planted after the last frost in well-drained soil with full sun or partial shade and needs consistent moisture until established. Fertilizing is optional but can be done occasionally. If grown indoors, it prefers plenty of light and protection from frost. Oregano's intense, earthy flavor is popular in Italian, Mediterranean, and Latin American cuisines, used in dishes like pizza, grilled meats, salads, sauces, and soups. The herb is also known for its essential oil, which contains compounds like carvacrol and thymol, though there's no clinical evidence supporting health claims made about it.

**GOLDEN OREGANO [1088]**

Golden oregano is a low-growing perennial with vibrant gold or chartreuse leaves that can spread to form a dense ground cover. It also produces small lavender flowers in the summer, which attract butterflies. Golden oregano thrives in partial to full shade, though it can tolerate full sun with more moisture. It prefers moist to average, well-drained soil and is cold hardy. It has a milder and slightly sweeter flavor than common or Greek oregano. It can be used in cooking, notably for tomato dishes, roasted vegetables, grilled meats, and in infused oils or herb butter. Golden oregano is deer-resistant. To dry golden oregano, hang the stems upside down in a dark, airy place or use a dehydrator.

**GREEK OREGANO [1050]**

Oregano is a flowering plant in the mint family, originally from the Mediterranean but now common in temperate regions. It's a woody perennial that grows about two feet tall, with white, pink, or light purple flowers appearing in spikes during the summer. In addition to its use for culinary purposes, oregano is also grown as an ornamental plant with different cultivars for varying leaf and flower colors. It is typically cultivated as an annual in colder climates because it often doesn't survive winter. Oregano should be planted in early spring in well-drained soil with full sun. It prefers a hot, dry climate but adapts to other conditions as well. Over the centuries, various oregano subspecies have been developed for unique flavors. Greek oregano has larger leaves and stems than Italian oregano and a stronger, muskier aroma. Both are popular in various cuisines, including Turkish, Greek, Spanish, Italian, Hispanic, and French.

**CONTENDER PEACH [1051]**

Contender peach trees are self-pollinating, meaning they do not require another tree for cross-pollination, and are relatively easy to grow. They thrive in well-drained soil and full sun and are resistant to many common peach diseases, including peach leaf curl. This variety is favored for both its

cold tolerance and high fruit quality, making it a great choice for gardeners looking for a reliable and delicious peach in cooler growing regions. The peaches ripen in mid- to late summer, usually in August. The fruit is medium to large in size, with a beautiful red and yellow skin. The flesh is yellow, firm, and juicy, with a sweet, rich flavor that is excellent for fresh eating, canning, freezing, and baking. Peach leaf tea, an herbal remedy known for its mild, sweet, and slightly almond-like flavor, has been used traditionally for soothing digestive issues, calming nerves, and as a mild sedative.

**REDHAVEN PEACH [1052]**

Redhaven peach trees are a reliable choice as a consistent producer of high-quality fruit. They prefer well-drained soil and full sun and are relatively low maintenance, requiring regular pruning to preserve their shape and ensure good air-flow through the branches. This variety grows well in a range of climates, particularly in regions with cold winters and warm summers, and is known for its disease resistance. The tree blooms in early spring with attractive pink flowers, and the fruit typically ripens in mid- to late July. With its exceptional taste and versatility, the Redhaven peach is a staple in many gardens and orchards. The fruit is medium to large in size, with a beautiful red blush over golden-yellow skin. The flesh is firm, juicy, and freestone, meaning the pit separates easily from the fruit, making it ideal for fresh eating, baking, canning, and freezing. The flavor is sweet with a slight tang, making it a favorite for desserts like pies, cobblers, and jams. Peach leaf tea, an herbal remedy known for its mild, sweet, and slightly almond-like flavor, has been used traditionally for soothing digestive issues, calming nerves, and as a mild sedative.

**RELiance PEACH [1053]**

The Reliance peach tree is known for its reliable fruit production even after severe winters, making it a good choice for colder northern climates where growing peaches can be challenging. It is self-pollinating, meaning it does not require another tree to produce fruit. The tree typically blooms in spring, and the fruit ripens in mid- to late summer, usually around July or August. Reliance peaches are medium size, with a red blush over a yellow background. The flesh is yellow, juicy, and slightly soft, with a sweet flavor that makes the fruit excellent for fresh eating, canning, and baking. Peach leaf tea, an herbal remedy known for its mild, sweet, and slightly almond-like flavor, has been used traditionally for soothing digestive issues, calming nerves, and as a mild sedative.

**20TH CENTURY ASIAN PEAR [1054]**

The 20th Century Asian pear tree is relatively easy to grow and is self-pollinating, though planting it near other Asian pear varieties can increase fruit production. It has become one of the most commonly grown types worldwide, particularly in Asia and the United States, because of its superior

flavor, crispness, and storage qualities. Known for its long shelf life, the 20th Century Asian pear retains its texture and flavor even after being stored for weeks. Its combination of sweetness, juiciness, and crunch makes it a favorite in fruit salads, desserts, or simply as a fresh snack. The leaves can be used to make a tea that is delicate and mildly fruity and known for being calming and providing antioxidant properties.

#### **D'ANJOU PEAR [1055]**

The D'Anjou pear, often called Anjou, is a popular variety known for its short, squat shape and smooth green or red skin. It originated in France and is now widely grown in the United States. D'Anjou pears are usually available from fall through spring and are known for their long shelf life. They are sweet and juicy with a mild, subtle flavor, making them great for fresh eating, cooking, or baking. Unlike some pears, this type doesn't change color as it ripens. They are picked when mature but need to be ripened at home at room temperature until they soften slightly. These pears are versatile, working well in salads, desserts, or as a snack. The leaves can be used to make a tea that is delicate and mildly fruity and known for being calming and providing antioxidant properties.

#### **FUYU PERSIMMON [1056]**

Persimmon trees are hardy and adaptable, thriving in a range of climates but performing best in areas with warm, dry summers and mild winters. They prefer well-drained soil and full sun. The fruit is typically harvested in the fall and can be stored for several weeks. Persimmons are rich in fiber, vitamins A and C, and antioxidants. They can be eaten fresh, dried, or used in baking, jams, and even savory dishes. Non-astringent varieties, like the Fuyu persimmon, can be eaten while still firm and have a sweet, crisp texture.

#### **ELEPHANT HEART PLUM [1057]**

The Elephant Heart plum tree, a Japanese variety, is a vigorous grower, reaching heights of fifteen to twenty feet when fully mature. It thrives in well-drained soil in warm, sunny climates and requires regular pruning to maintain its shape and encourage healthy fruit production. This tree is not self-pollinating and needs a pollinator, such as a Santa Rosa plum or another Japanese plum variety, for optimal fruit set. The plums ripen later in the season, typically from late summer to early fall, making them one of the last plums to be harvested. The fruit is known for its large size, striking red flesh, firm yet juicy texture, and rich, sweet flavor that intensifies as the plum ripens. The Elephant Heart plum is excellent for fresh eating, cooking, baking, and making preserves or jams.

#### **GREEN GAGE PLUM [1058]**

The Green Gage plum tree has a long history, originating in the Middle East and being introduced to France in the

sixteenth century and England in the eighteenth century, where it received its name. This variety thrives in well-drained soil and full sun, requiring a temperate climate for the best fruit production. The plums ripen in late summer and are typically golden green and smaller than other types. This gourmet fruit is known for its delicate texture and exceptional taste, with a high sugar content. The rich flavor makes it popular for fresh eating as well as for use in desserts, jams, and preserves. The leaves can be used to make a light tea that is slightly sweet with subtle fruity notes and may help with digestion and provide a calming effect.

#### **PLUMCOT [1059]**

The plumcot is a hybrid fruit, a fifty-fifty cross between a plum and an apricot, combining the characteristics of both fruits. There are many different varieties of plumcots, and they are sometimes confused with other hybrid fruits like pluots or apriums. Pluots are more plum than apricot (about 75 percent plum and 25 percent apricot), whereas apriums are more apricot than plum (about 75 percent apricot and 25 percent plum). Plumcots generally look like plums, with smooth, edible skin that can range in color from red to yellow to purple, depending on the variety. Their flesh is often juicy and sweet, with the firmness of a plum. The flavor profile blends the sweet/tart taste of a plum with the milder, aromatic qualities of an apricot. Plumcots can be eaten fresh, used in desserts like pies and cobblers, or made into jams, sauces, and chutneys. They are also excellent for grilling or poaching. Plumcots have gained popularity for their balanced flavor and versatility.

#### **POMEGRANATE [1060]**

Native to the Middle East and South Asia, pomegranates have been cultivated for thousands of years and are now grown in many parts of the world, particularly in warm climates. The tree is drought tolerant and thrives in well-drained soil with plenty of sunlight. The fruit typically ripens in the fall and can be stored for extended periods. Pomegranates are celebrated for their sweet/tart flavor and high nutritional value. They are rich in antioxidants, vitamins (especially vitamin C), and minerals, making them a popular choice for promoting health. The fruit is commonly eaten fresh, added to salads, juiced, or used in cooking for both savory and sweet dishes. Their striking red seeds and juice are often associated with fertility, abundance, and prosperity in various cultures.

#### **WONDERFUL POMEGRANATE [1061]**

The Wonderful pomegranate tree is the most widely grown and well-known pomegranate variety. Originally developed in California in the late nineteenth century, it has become the standard for commercial production in the United States and other warm regions. A vigorous grower, the tree typically reaches eight to twelve feet in height. It has a bushy appearance and can be allowed to develop as a large shrub or

pruned to maintain a more tree-like shape. This type thrives in warm, dry climates, particularly in Mediterranean-type regions, and is ideal for areas with hot summers, as it is drought tolerant, once established. The tree produces large, round fruits with a thick, deep red skin. Inside, the fruit contains numerous seeds (arils) surrounded by juicy, bright red pulp. The arils have a sweet/tart flavor, making them highly prized for both fresh eating and juicing. The juice from Wonderful pomegranates is rich and tart, commonly used in beverages, cooking, and for making molasses, due to its deep color and robust flavor.

#### **CALIFORNIA POPPY [1062]**

California poppies thrive in full sun and various soil types, including well-drained sandy or rocky earth. Shady areas can lead to weak growth, and the plant doesn't tolerate clay soil. The poppies require little moisture, and fertilizer is unnecessary (deadheading can promote more blooms). The flowers and seeds of California poppies can be eaten, and the petals add sweetness to salads. Native Americans used the plant for pain relief and as a sleep aid.

#### **EVENING PRIMROSE [1063]**

Evening primroses prefer well-drained loamy or sandy soil with a slightly acidic to neutral pH and can grow in various settings like rock gardens or stream banks. They are drought tolerant, needing minimal water. The plant thrives in full sun, requiring at least six hours of daily light. While they can tolerate some shade, they won't survive in full shadow. Most parts of the evening primrose are edible. The roots can be boiled like potatoes or added to salads, offering a sweet and peppery flavor. The leaves can be eaten like spinach or in salads, with the best harvest period from April to June. The sweet flowers make a great garnish for salads and are harvested from June to September. The seeds have a nutty flavor and can be eaten raw, cooked, or roasted, while also being rich in beneficial fatty acids. Additionally, young stems can be peeled and eaten raw or fried.

#### **PINEAPPLE QUINCE [1064]**

Pineapple quince trees are relatively hardy and easy to grow, thriving in well-drained soil and full sun. Their hard, pear-shaped fruit is typically harvested in late fall, when the quinces turn bright yellow and emit a strong, sweet fragrance. While quince is too hard and astringent to be eaten raw, it is versatile in cooking, and its aromatic flavor adds a distinctive element to both sweet and savory dishes. Cooking brings out its natural sweetness and softens the flesh, making it a popular choice for baking, poaching, and making preserves. Pineapple quince is often used in jams, jellies, and desserts, as its high pectin content helps it gel.

#### **CALIFORNIA ROSE [1065]**

Valued for both its beauty and ecological benefits, the California wild rose (*Rosa californica*) is a native shrub found

throughout parts of the western United States. It typically grows from three to six feet tall, with thorny stems and fragrant, light pink flowers that bloom from late spring to early summer, attracting pollinators and providing shelter for birds and small mammals. This rose is drought tolerant, once established, and grows well in full sun to partial shade. It is highly adaptable and thrives in a variety of habitats, from wetlands to dry slopes. The rose hips are rich in vitamin C and were traditionally used by Native Americans for medicinal purposes.

#### **MAMMOTH SUNFLOWER [1066]**

Mammoth sunflowers are a popular choice for both home gardeners and farmers, thanks to their ornamental appeal and seed production. They are easy to grow, thriving in full sun and well-drained soil, and can reach up to twelve feet tall. Because of their size, they may need support to prevent them from toppling over in strong winds. Mammoth sunflowers are drought tolerant, once established, and require minimal care, needing deep watering once or twice monthly. They are beneficial for pollinators like bees and butterflies and can help attract wildlife to gardens. The seeds of the Mammoth sunflower are a major attraction, as they are large, nutritious, and can be harvested in late summer or early fall. The flower heads track the sun, drooping when seeds mature. The heads can be dried in a shaded, ventilated area for weeks. The seeds are commonly roasted for snacks, added to baked goods, or fed to birds and are rich in healthy fats, protein, and vitamins. Seeds can be eaten raw or roasted, soaking in salt water before being roasted at 400°F for ten minutes.

#### **BLACK-EYED SUSAN [1067]**

The black-eyed Susan is a bright, cheerful perennial wildflower known for its distinctive yellow or orange petals surrounding a dark brown or black central cone. Native to North America, it is a popular garden plant that blooms from mid-summer to fall, adding vibrant color to landscapes during these months. Black-eyed Susans are often found in meadows, prairies, and wildflower gardens and are excellent for attracting pollinators like bees and butterflies. They are easy to grow, thriving in full sun and well-drained soil. The flowers are drought tolerant, once established, and are commonly used in borders, cottage gardens, and naturalized areas. While not commonly eaten, parts of the black-eyed Susan were used historically by Native American tribes for medicinal purposes, such as treating colds, flu, or swelling.

#### **GOLDEN RAIN TREE [1068]**

The golden rain tree is a deciduous variety known for its attractive yellow blooms and decorative seedpods. Native to eastern Asia, particularly China and Korea, it is often grown as an ornamental tree in gardens and landscapes for its aesthetic appeal. In early summer, it produces showy clusters of small, bright yellow blossoms. After flowering, the tree forms

distinctive, papery seedpods resembling small lanterns, which are initially green but turn brown as they mature. These seedpods add ornamental interest in late summer and fall. The golden raintree thrives in full sun, although it can tolerate partial shade, and is relatively drought tolerant, once established, though regular watering helps during dry periods. NOTE: This tree is part of the preexisting landscaping and is not considered edible.

#### **ROCK ROSE [1069]**

The rock rose, part of the mallow family, is an evergreen shrub that grows from two to four feet tall in a rounded shape. It thrives in rocky, well-drained, high-pH soils, often at elevated altitudes, and grows best in full sun or light shade. Drought tolerant, once established, it's well-suited for xeriscapes, rock gardens, and informal borders. It works well for naturalizing and blending gardens with surrounding landscapes and rarely has issues with pests or disease under favorable growing conditions. Rock rose can be utilized in omelets, and its seeds can be eaten raw or ground into flour. It's also employed to make tea, throat gargles, and mouthwash. Its flowers and leaves are prescribed in herbal medicine, commonly for panic, stress, and anxiety, though there's no strong scientific evidence to support these uses. The plant has antibiotic, expectorant, and stimulant properties, and helps control bleeding. It's also suggested for conditions like diarrhea and as an emmenagogue.

#### **ROSEMARY [1070]**

Rosemary is an aromatic evergreen shrub in the sage family, known for its needle-like leaves and fragrant aroma. Its name comes from the Latin "ros marinus," meaning "dew of the sea." Native to the Mediterranean, it was widely used in Europe for culinary and medicinal purposes and was one of the first ingredients in alcohol-based perfumes. Today, rosemary is grown worldwide, including in the Americas, where it was introduced by early European settlers. Aside from its culinary uses—flavoring meats, stuffings, and other dishes—rosemary is also popular in gardens as an ornamental plant due to its hardiness in cool climates, drought tolerance, and ease of care. It can be pruned into hedges, topiaries, or grown in containers, making it a versatile choice for landscaping. Rosemary is also known for being pest resistant and can live for many years with proper care.

#### **BROADLEAF SAGE [1071]**

Originating in the Mediterranean, sage symbolizes good health and has been used for both culinary and medicinal purposes for centuries. Broadleaf sage is a perennial herb that grows to about twenty inches tall, with gray-green leaves and light blue flowers. It deters insect pests and attracts bees. Popular in Europe and America for flavoring meats, stuffings, vinegars, and cheeses, sage is known for its aromatic, savory leaves. Sage leaves can be used fresh, frozen, or dried, though they are best added to hot dishes

just before serving. The dried leaves are more concentrated in flavor than fresh ones, but fresh leaves can be harvested in the morning, especially before the plant flowers, for the best flavor.

#### **PURPLE SAGE [1072]**

Purple sage is a fast-growing evergreen shrub that can rise up to five feet tall or spread out to ten feet wide and two feet tall, making it a great ground cover. It also grows well in gardens or containers. The plant thrives in full sun, is very drought tolerant, and can survive with light watering twice a month in summer. It prefers well-drained soil and is tough and easy to grow. It has gray-green leaves and purple flowers that bloom in spring and summer, giving off a strong scent. The aromatic flowers attract birds, butterflies, and insects. To keep the plant healthy, it can be pruned lightly after flowering. Purple sage is not only attractive but also versatile in cooking, adding flavor to soups, salads, and meat dishes. The leaves are rich in vitamins A and C and can be used fresh in teas, sage butter, or as a seasoning.

#### **VARIEGATED SAGE [1073]**

Variegated sage has a long history, originating in the Mediterranean and used by ancient Egyptians and Greeks for both culinary and medicinal purposes. It is a bushy herb with woody stems and green leaves with yellow highlights. It can grow from two to three feet tall and has fragrant purple flowers in the spring. This variety grows more slowly and is a bit more delicate than regular sage. In cooking, it has a milder flavor than regular sage and pairs well with strong meats, root vegetables, and cheeses. The leaves can be used fresh or dried and have a subtle earthy flavor. Medicinally, variegated sage has anti-inflammatory, antiseptic, antibacterial, and antispasmodic properties. It can be employed in teas, tinctures, and essential oils. Variegated sage is also utilized in cultural practices, such as making smudge sticks for cleansing rituals.

#### **SANTA ROSA PLUM [1084]**

The Santa Rosa plum is a popular, self-pollinating Japanese plum variety known for its flavorful fruit. The tree produces white blossoms in the spring and large, reddish-purple plums that ripen mid-summer season, described as having a "candy plum" flavor. Excellent for fresh eating, canning, and cooking. These trees are self-pollinating, but can produce more fruit with a nearby pollinator. They require full sun and prefers well-drained soil.

#### **SERVICEBERRY [1083]**

Serviceberry, also known as Juneberry are highly valued by wildlife. Their flowers provide nectar for pollinators like bees and butterflies. The berries are a favorite food source for many bird species (robins, orioles, and waxwings) and mammals (chipmunks, foxes, and even bears). It is a deciduous shrub or small tree native to North America. The berries are

sweet and can be enjoyed fresh or used in various culinary applications, such as jams, jellies, pies, muffins, and sauces. The taste is often compared to blueberries. They are a good source of iron, calcium, manganese, magnesium, and fiber. Serviceberries have a rich history, with Native American tribes using the berries for food and medicinal purposes.

#### **TARRAGON [1074]**

Tarragon, a perennial herb native to Central Asia, Europe, and parts of Russia, is known for its aromatic, slightly sweet, and peppery flavor. It began to take hold in French and Italian cuisine in the late medieval period. The plant grows best in a sunny, warm, and sheltered position and is often grown in herb gardens or containers. French tarragon especially needs well-drained soil and does particularly well in light, sandy earth low in nutrients. This is the variety used for cooking and is not grown from seed, as the flowers are sterile; instead, it is easily propagated by root division. Tarragon is commonly used in sauces like béarnaise and pairs well with chicken, fish, and eggs. The leaves can be used fresh or dried in cooking, though fresh tarragon has a more pronounced flavor.

#### **CREeping THYME [1075]**

Thyme, a small, bushy evergreen plant in the mint family, has a pleasant scent; most varieties can be used for cooking. Most thyme plants are perennial in moderate climates. Native to southern Europe, it grows about a foot tall and sixteen inches wide, with aromatic gray-green leaves and clusters of pink or purple flowers that bloom in early summer. This drought-tolerant plant can be grown in containers and is ideal for xeriscaping. It spreads steadily over time and attracts bees with its flowers. New growth can be promoted by cutting thyme back by a third at the end of the season. Thyme is popular in Mediterranean cooking, teas, and pot-pourri. Cut sprigs can be dried by hanging them out of direct sunlight and storing the brittle leaves in a cool, dark place.



Photo: Chris Holloman

#### **ENGLISH THYME [1076]**

Thyme is a small, bushy evergreen plant in the mint family. Native to southern Europe, it grows about a foot tall and sixteen inches wide, with aromatic gray-green leaves and clusters of pink or purple flowers that bloom in early summer. This drought-tolerant plant can be grown in containers and is ideal for xeriscaping. It spreads steadily over time and attracts bees with its flowers. New growth can be promoted by cutting thyme back by a third at the end of the season. Thyme is popular in Mediterranean cooking, teas, and pot-pourri. Cut sprigs can be dried by hanging them out of direct sunlight and storing the brittle leaves in a cool, dark place.

#### **VARIEGATED THYME [1077]**

Variegated thyme is lemon scented, bearing large evergreen leaves with yellow margins and pink flowers in the summer. It is a highly desirable and popular ground cover used as an alpine plant in rock gardens and patios, as an alternative to lawns, and even as path edging. Thyme thrives in hot sunshine and drought and should be planted in a sheltered spot in free-draining soil and full sun. Regular watering is suggested, especially during extremely hot months. This herb is perfect for use in chicken and fish recipes, salads, and baked goods such as cakes and cookies.

#### **YARROW [1078]**

Yarrow is native to temperate regions of North America. It thrives in well-drained soil and full sun but can also tolerate partial shade. The plant is often found in meadows, grasslands, open forests, and along roadsides but can also be cultivated in gardens for its beauty and ability to attract beneficial insects. The leaves and flowers can be employed in small amounts as a flavoring in salads, soups, and stews. Yarrow is also known for its medicinal uses, being known for its anti-inflammatory, antiseptic, and astringent properties. It is often utilized to stop bleeding, treat wounds, reduce fevers, and relieve digestive issues. It can be applied topically as a poultice or taken internally in teas or tinctures.



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Photo: Chris Holloman.

## FIELD NOTES

