



PERENNIAL PLANTS

PERENNIAL PLANTS CAN BE HARVESTED OVER SEVERAL YEARS
WITHOUT HAVING TO BE REPLANTED EACH YEAR.





DAUBENTON KALE

BRASSICA OLERACEA 'RAMOSA' OR 'DAUBENTON'



- **Edible parts:** leaves and side shoots
- **Soil type:** well-drained, rich in humus
- **Position:** partial shade or full sun
- **Water needs:** some light but regular watering is required
- **Hardiness:** -15°C approximately
- **Cultivation:** ensure that plants are well spaced out (around 80 cm² per plant), earth up the stems while the plants are growing; they may grow as high as 120 cm
- **Harvest:** March to November (except July-August)
- **Propagation:** in spring or autumn, in particular, take side shoot cuttings (plants will produce seeds at the end of their life cycle, after about 4 years)



POTATO ONION

ALLIUM CEPA VAR. 'AGGREGATUM'



- **Edible parts:** bulbs
- **Soil type:** rich and well-drained, neutral to basic, likes chalky soils
- **Position:** full sun
- **Water needs:** only during periods of severe drought
- **Hardiness:** extremely hardy, -25°C
- **Cultivation:** bulbs are planted in spring, February and March, at a depth of about 3 cm, 20 cm apart from each other in all directions
- **Harvest:** in summer, each bulb can provide up to 10 different-sized onions, from 1 to 8 cm
- **Propagation method:** through vegetative propagation by its bulbs (the smallest ones can be replanted)



TREE ONION, EGYPTIAN WALKING ONION

ALLIUM CEPA VAR. 'VIVIPARUM' OR 'PROLIFERUM'



- **Edible parts:** aerial bulbils and stems (these may grow as high as 80 cm)
- **Soil type:** well-drained, neutral pH if possible
- **Position:** full sun or slight shade
- **Water needs:** only during periods of severe drought
- **Hardiness:** approximately -15°C
- **Cultivation:** simple, although yields may be modest; plant in March or October (at 15 cm)
- **Harvest:** from July to September
- **Propagation method:** aerial bulbils or underground bulbs



MULTI-FLOWERED GARLIC / BROADLEAF WILD LEEK

ALLIUM POLYANTHUM OR ALLIUM AMPELOPRASUM



- **Edible parts:** leaves, boles and possibly bulblets
- **Soil type:** loose and rich in nutrients, however, many types are suitable
- **Position:** sun or slight shade
- **Water needs:** only in heatwaves
- **Hardiness:** -25°C
- **Cultivation:** plant the bulblets just below the surface in groups of 4–5 and 25 cm apart; clumps may grow to be several dozen centimetres wide and 40–50 cm high
- **Harvest:** all year round except in July-August (dormant period); cut at the base without uprooting the plant
- **Propagation method:** by bulb division in autumn or from seed in spring



SKIRRET

Sium sisarum



- **Edible parts:** roots, possibly young leaves
- **Soil type:** ideally well-drained and rich in nutrients
- **Position:** full sun
- **Water needs:** plentiful watering during the driest periods in summer
- **Hardiness:** -20°C
- **Cultivation:** a highly robust and undemanding plant; it may grow to almost 2 m and can be lightly pruned to reduce nutrient requirements
- **Harvest:** during winter, from October to March: the roots are hardy, so can be harvested as and when required; young leaves can be picked from April to June
- **Propagation method:** by replanting small offsets with growing shoots in spring or from seed in autumn; although skirret will germinate in its first year, seeds will only be produced in its second year. The seeds can be harvested in August/September. The umbels are cut, exposed to the sun for two days before being threshed and winnowed. Seeds can be kept for three years.



CROSNE, CHINESE ARTICHOKE, JAPANESE ARTICHOKE, KNOTROOT, ARTICHOKE BETONY

STACHYS TUBERIFERIA OR SIEBOLDII



- **Edible parts:** rhizomes
- **Soil type:** easiest to harvest in sandy soil and soil that is too wet should be avoided
- **Position:** full sun (possibly partial shade)
- **Water needs:** some light watering in summer
- **Hardiness:** approximately -17°C
- **Cultivation:** plant 4-5 tubers per hole from March to May, 40 cm apart, and at a depth of 10 cm; will reach a height of 40 cm
- **Harvest:** from November to February as and when needed (have a relatively short storage life)
- **Propagation method:** by division of the rhizomes



POTATO BEAN, GROUND NUT

APIOS AMERICANA OR TUBEROSA

Not to be confused
with Wisteria
species !



- **Edible parts:** tubers (and possibly the pods)
- **Soil:** all types are suitable
- **Position:** full sun or partial shade
- **Water needs:** during dry periods
- **Hardiness:** -10°C for tubers, if well covered with straw
- **Cultivation:** easy, will yield up to 2 kg per plant per year; attractive climber with lovely flowers, growing 3–5 m high
- **Harvest:** from August to February
- **Propagation method:** by division of the rhizomes



PIGNUT, EARTH NUT

CONOPODIUM MAJUS



- **Edible parts:** tubers
- **Soil type:** wet, preferably somewhat acid, rich in humus
- **Position:** full sun or partial shade
- **Water needs:** the soil must be kept wet
- **Hardiness:** approximately -12°C
- **Cultivation:** rarely grown due to low yields; the plant will form a 40–70 cm clump and its roots will produce a few small tubers no larger than 2 cm in diameter
- **Harvest:** in the second year after the frosts
- **Propagation method:** by seed in spring (by thinning out to 20 cm apart) or clump division



YELLOW NUTSEDGE, EARTH ALMOND, CHUFA

Cyperus ESCULENTUS



- **Edible parts:** tubers
- **Soil type:** light, well prepared
- **Position:** full sun
- **Water needs:** yields are greatly improved by watering in summer
- **Hardiness:** approximately -12°C
- **Cultivation:** easy; in the right conditions plants may become invasive; 30–40 cm high clumps of straight, pointed, upright leaves
- **Harvest:** in October/November, after the first frosts, but before the ground freezes over
- **Propagation method:** tubers in spring (March–May)



CHAYOTE, CHRISTOPHINE, CHACO, MIRLITON, CHOKO, VEGETABLE PEAR

SECHIAM EDOLE



- **Edible parts:** all (shoots in spring, young leaves, tubers), in particular its pear-shaped fruits
- **Soil type:** rich in humus (with lots of organic matter) and loosened by deep digging
- **Position:** full sun
- **Water needs:** regular and plentiful
- **Hardiness:** fragile, used to warm climates (should be grown in greenhouses, or cover the plant well in winter and protect it in spring)
- **Cultivation:** the first stage for planting takes place in February when a whole fruit is buried horizontally to two thirds of its height in a large pot (store it in a frost-free place with plenty of light); once a strong plant has grown, and after the late spring frosts, after mid-May, it can be planted outdoors in soil that has been enriched with organic matter
- **Harvest:** from September to November, weather permitting; the fruits can be stored for several months in a cool place
- **Propagation method:** fruits



GREATER BURDOCK, BEGGAR'S BUTTONS, BUR, KISS-ME-QUICK

ACTIUM LAPPA



- **Edible parts:** roots and leaves
- **Soil type:** deep, rich in nitrogen and humus
- **Position:** full sun or slight partial shade
- **Water needs:** whenever there is a prolonge
- **Hardiness:** -25°C
- **Cultivation:** Sow in spring, directly in situ, in well-prepared soil; plants may reach a height of 2 m
- **Harvest:** the leaves can be picked between June and September, approximately 3 months after seeding, as and when required. Burdock roots are harvested in autumn: to extract these long, deep roots, use a garden fork to dig into the soil alongside the plant.
- **Propagation method:** seeds



PARSLEY ROOT (BIENNIAL)

PETROSELINUM CRISPUM VAR. TUBEROSUM



- **Edible parts:** root and leaves
- **Soil type:** loosened by deep digging, well-drained, cool and rich in humus
- **Position:** full sun or partial shade
- **Water needs:** regularly but not abundantly, whenever there is a prolonged dry period
- **Hardiness:** -15°C and lower
- **Cultivation:** In March or April, prepare seed drills and sow your seeds leaving a little space between them. Once they have germinated and the seedlings have two or three leaves, thin the rows out by keeping the healthiest ones and ensuring that there is a 15 cm distance between each plant. The foliage will reach a height of about 30 cm.
- **Harvest:** October, November (for the roots)
- **Propagation method:** seeds