

Examples of species utilisation from ‘The role of forest gardens and forest gardeners in the UK’s agroecological transition, (Ponton, 2021).

Table 1. Examples of plants noted by forest gardeners for their biodiversity uses, and additional non-biodiversity properties.

Binomial	Biodiversity properties	Additional properties
<i>prunus avium</i>	birds love them	stella variety; not great in a small garden polyculture as birds get them
<i>prunus laurocerasus</i>	great for birds	black berries - very tasty
<i>symphytum ibericum</i>	a really good ground cover; does well competing against grass and nettle	
<i>oenothera biensis</i>	seeds for birds in winter	roots as food, seeds for MED
<i>hypericum x moserianum</i>	birds love the seeds	shade loving
<i>actinidia arguta</i>	flowers for biodiversity	
<i>cretaegus laevigata</i>	birds eat the buds	Paul’s Scarlett; doesn't produce as much fruit as the native
<i>calluna vulgaris</i>	for winter	
<i>pulmonaria officinalis</i>	bee fodder	
<i>cotoneaster horizontalis</i>	great for bees & birds	
<i>epilobium</i>	leaves for the bees	takes out once flowered; can use in tea

Table 2. Examples of plants noted by forest gardeners for utilisation as food, and additional non-food properties.

Binomial	Food properties	Additional properties
<i>amelanchier</i>	with cherry sized fruits; <i>alnifolia</i> noted by one FGer for best edible fruits of the family; 7 varieties	the first fruiter of the year; birds also love them
<i>apios americana</i>	edible beans, seeds and tubers	n-fixing
<i>phytolacca americana</i>	edible when cooked	
<i>aronia melanocarpa</i>	in drinks, etc., very astringent, but a superfood high in anthocyanins - antioxidants; prepared to make more palatable	
<i>allium ampeloprasum</i>	perennial - grows bulbs like onion sets	very good at establishing and spreading
<i>berberis koreana</i>	one of the best in the family for edible fruits	
<i>staphylea pinnata</i>	a large understory shrub; producing nut crop	does well in low light conditions
<i>lonicera caerulea</i>	6 varieties; like blueberries	birds like them
<i>cornus kousa</i>	good edible fruit	
<i>castanea pumila</i>	small, sweet fruits in autumn	
<i>prunus virginiana</i>	great for liqueur, very intense	
<i>rosa canina</i>	soak, mash, sieve, then dry in sun or on radiator	
<i>figus carica</i>	leaves infused ice cream; fruits	sell fig leaves to restaurants; cuttings for sale
<i>aralia cordata</i>	asparagus alternative	
<i>cercis siliquastrum</i>	edible sorrel-flavoured flowers in spring	
<i>morus sp.</i>	can eat the leaves like vine leaves	

<i>oxalis tuberosa</i>	leaves are similar to nasturtium and good for salads; the root is like potato
<i>matteuccia struthiopteris</i>	spring shoot vegetable
<i>tragopogon</i>	can eat all parts of the plant; roots like oysters
<i>smallanthus sonchifolius</i>	cook, roast, etc., stores well through winter; grown from seed; hard to graft

Table 3. Examples of plants noted by forest gardeners with timber, energy (fuelwood), fencing, dying or structural uses (TEFF), and additional non-TEFF properties.

Binomial	TEFF properties	Additional properties
<i>alnus spp.</i>	wind break; support for climbers	n-fixing
<i>angelica</i>	for structure	bee plant and for beauty
<i>archangelica</i>		
<i>arctium lappa</i>	uses leaves to wrap things on BBQ	
<i>corylus avellana</i>	used for poles, bean poles;	rather than paying for woodchipper, uses billhook and cuts poles into sticks and uses as mulch
<i>Cupressus x leylandii</i>	fast-growing; strong; grown close together and in rows of two to build raised platforms & treehouses	Uses with johnson-su style bioreactor; great for soil biology. Also uses to make woodchip ever year; it's not acidic
<i>elaegnus spp.</i>	evergreen & deciduous species; grown on earth mounds as fast growing and to create shelter;	n-fixing

<i>elaeagnus x submacrophylla</i>	shelter	n-fixing, bee fodder and edible fruits from may; berries dried and consumed; coppiced every two years for mulch; evergreen;
<i>fargesia murielae</i>	small canes flexible to weave into fencing	shoots too small to eat, but frequently flowers and yields rice-like grain crop
<i>myrica californica</i>	wax from fruits	n-fixing; leaves for flavouring
<i>myscanthus x giganteus</i>	grows up to 12 feet tall - can act as a quick growing short-term shelter & windbreak	
<i>phormium tenax</i>	tying thread and basket making	
<i>phyllostachys viridiglaucescens</i>	greenwax golden bamboo - useful garden canes	very productive, producing edible shoots from Apr-Jul
<i>phyllostachys vivax</i>	the largest bamboo for SW UK climate; canes up to 6-8cm and 8-10m long	
<i>salix caprea</i>	Used for firewood, logs used as seats,	wood is chipped, and used as mulch
<i>taxodium distichum</i>	will be coppiced for fencing material; coppices well, like all redwood species	
<i>tilia cordata</i>	pollarded to act as a good trellis for vines such as kiwi and grape	pollard for salad leaves;
<i>trachycarpus fortunei</i>	for fibre	edible flowers and flower buds

Table 4. Examples of plants noted by forest gardeners for animal feed, compost or fertiliser uses (AFCO), with additional non-AFCO properties.

Binomial	AFCO properties	Additional properties
<i>albizia</i> <i>julibrissin</i>	n-fixing	good pollinator for bees - but the common variety doesn't do well
<i>amorpha</i> <i>fruticosa</i>	n-fixing	
<i>apios</i> <i>americana</i>	n-fixing	edible beans and tubers
<i>elaegnus</i>	chickens like it; also n-fixing	evergreen & deciduous spp.; fast growing to create shelter;
<i>galium</i> <i>aparine</i>	used in a liquid tea fertiliser with nettles	can make coffee from the buds; put leaves in salad
<i>hippophae</i> <i>rhamnoides</i>	n-fixing	
<i>pentalottis sp.</i>	liquid feed	flowers are edible
<i>pteridium</i>	used as a mulch around trees	
<i>Rosa canina</i>	chickens like the hips	
<i>rubus</i> <i>fruticosus</i>	makes biochar - can apply directly to the soil in autumn or charge it in compost then apply in spring	
<i>salix spp.</i>	uses for animal feed	

sonchus sp. rabbits feed
symphytum used as fertiliser
aperum
Lepech.

Table 5. Examples of plants for their medicinal properties (MED), and additional non-MED properties.

Binomial	MED properties	Additional properties
alchemilla sp.	for period pain & UTIs	
alliaria petiolata	leaves good for digestive system	all parts are edible
althaea hirsuta	roots good for respiratory ailments	leaves in salad; not able to cope with root disturbance makes plant sale difficult
arctium lappa	used in Chinese medicine	Roots are like carrot, peel & soak in water & bicarb, then sauté; sprout the seeds; eat the stem; can eat the young leaves but are very bitter
artemisia vulgaris	much of the family is cleansing	very bitter, but less intense when young,
ballota sp.	colds & phlegm	
calendula	dark and strong colour with higher anthocyanin	
chelidonium majus	can use the sap for warts	A toxic plant and need to know what you're doing with it
galium aparine	as herb tea; used for respiratory ailments	
plantago major	insect bites; used for earache and toothache	can eat seeds as they are; leaves edible

rosa perpetua	rose tincture for calming nerves	potpourri, tea
rumex crispus	and roots (MED)	eats the leaves (cooked)
salix spp.	bark for muscle swelling and joint pain	
salvia officinalis	smudge sticks; air purifier	
symphytum officinale	previously used for a hand cream by herbal medic who ran a course on site	