



**CENTRAL
TEXAS
FOOD
BANK**

Integrating
Edible Plants
into
**Traditional
Landscapes**
Greg Mast, Gardener
Central Texas Food Bank



The mission of the Central Texas Food Bank is to nourish hungry people and lead the community in the fight against hunger.

What we'll cover

- Introductions
- Why should we use edible plants?
- When should we not use edible plants?
- Plant Suggestions and Ideas
- Examples of edible landscapes
- Books, websites, etc.



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Who is Greg?

- Gardener - Central Texas Food Bank
- Lifelong gardener, 5th generation Texan
- ISA Certified Arborist
- MS Geography – Motivations of Community Gardeners in Austin



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Central Texas Food Bank

- **21 counties**
- **46,000 clients / week**
 - **66% client households have 1+ working adults**
 - **93% are *not* homeless**
- **45 million lbs of food /yr**
 - **33% fresh produce**
 - **22 million lbs of food rescue!**
- **\$1 = 4 meals / \$8 food / 5 lbs food**

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The CTFB Garden

- Grow food
- Teach gardening
- 1 acre
- Organic



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Why should we use edible plants?

- Beautiful & distinctive
- Inviting
- You can eat them
- Wildlife habitat



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Edible plants are pretty

OKRA



COTTON LEAF PASSIONFLOWER

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Edible plants are pretty

HERBS



MALABAR SPINACH



CITRUS



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Edible landscapes invite participation



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You can eat them



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Wildlife habitat

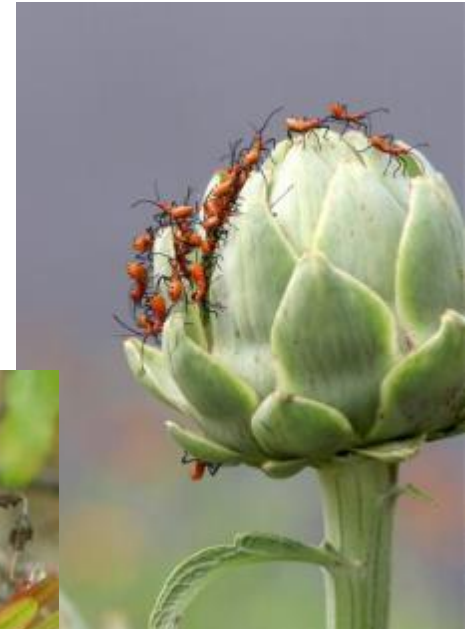
ASPARAGUS

BASIL

TRPOICAL MILKWEED



The other kind of wildlife too



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When to avoid edible plants

- Next to busy roads
- Polluted areas
- Areas where you are going to spray pesticides



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Edible Plants – not *always* pretty



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Greg's Entirely Subjective List of Plants

Agarita
Artichoke
Asian persimmon
Asparagus
Barbados cherry
Basil
Blackberry
Calendula
Chile pequin
Citrus
Collard Greens
Cucumber
Eggplant

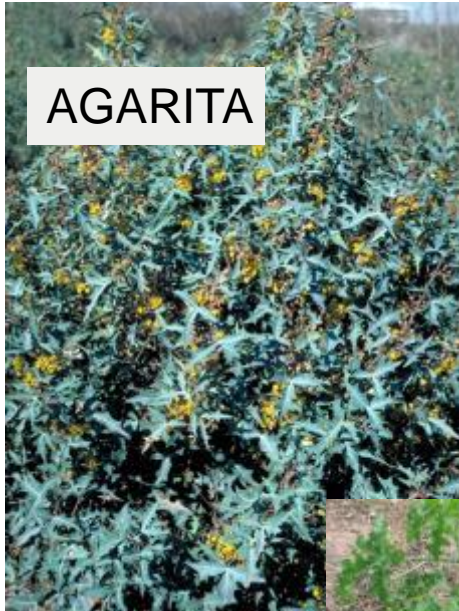
Fig
Garlic
Grape
Jujube
Malabar spinach
Mexican mint marigold
Mexican plum
Mint
Mulberry
Oregano
Passionflower
Pecan
Pineapple guava

Pole beans
Pomegranate
Rosemary
Spiderwort
Spinach
Swiss Chard
Texas persimmon
Thornless prickly pear
Tomato
Turks cap



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Horrible Spiky Things



AGARITA



MESQUITE



GREENBRIAR



BULL NETTLE

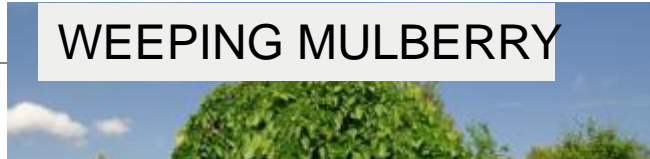


PRICKLY PEAR

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Juicy Fruit

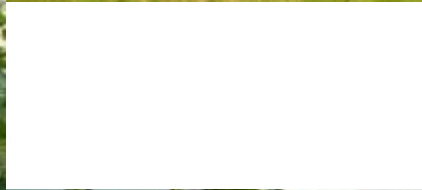
WEeping MULBERRY



PERSIMMON



PLUM



THORNLESS, PRIMOCANE BLACKBERRY

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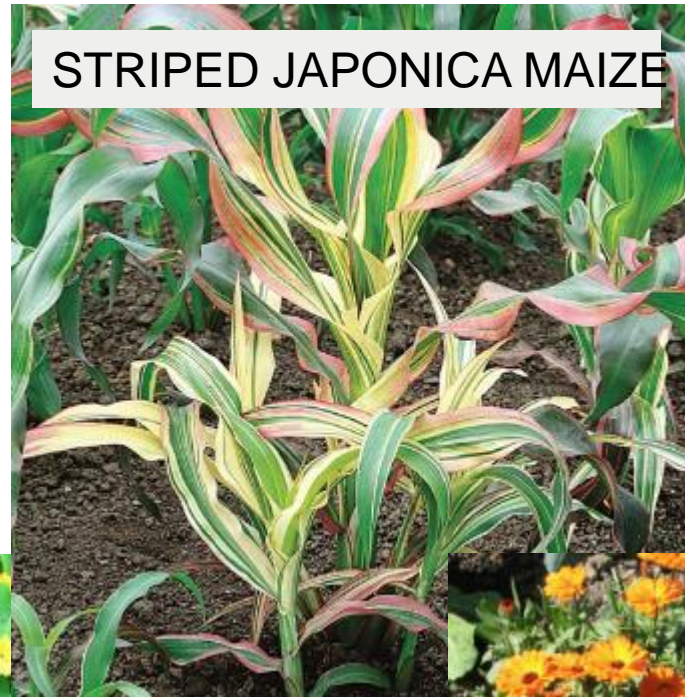
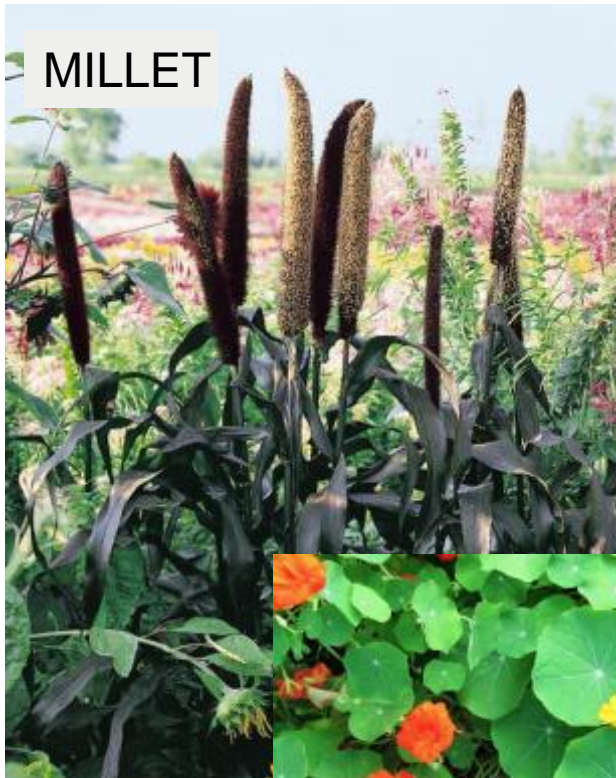


Interesting Eggplants



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Grasses and Flowers



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Colorful Crucifers



DRAGON'S TOUNGE MUSTARD



LACINATO KALE



CAULIFLOWER



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Creeping Cucumbers



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Things that start with “A”



AGARITA



ARTICHOKE



ALLIUMS



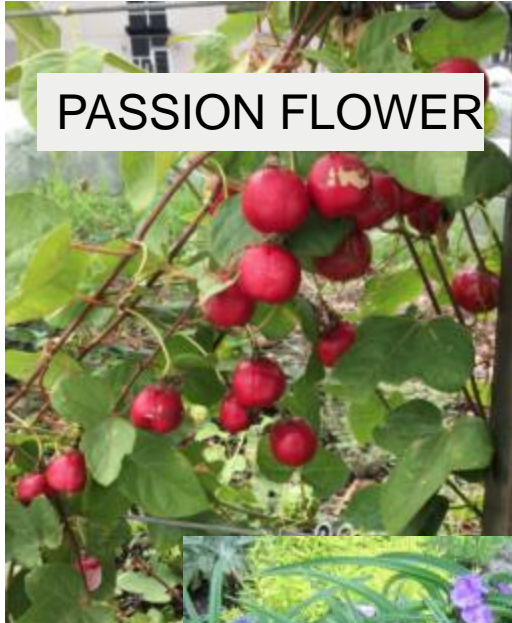
ASPARAGUS



AMERICAN PERSIMMON

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Low Maintenance Edibles



PASSION FLOWER



JUNIPER



SPIDERWORT



PINEAPPLE GUAVA



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Formal Edible Landscapes



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Informal Edible Landscapes



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Pruning, Trellising



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Eggsclusive Real Estate



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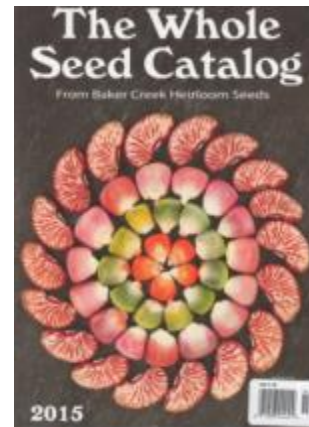
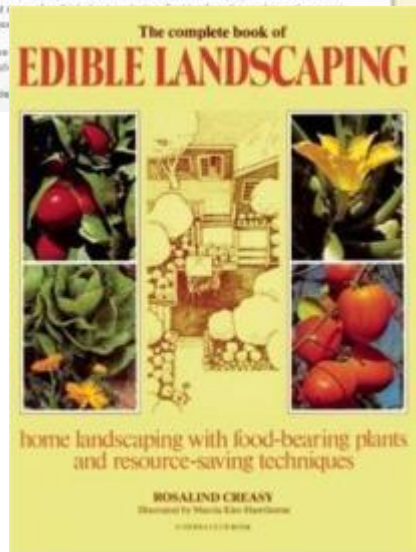
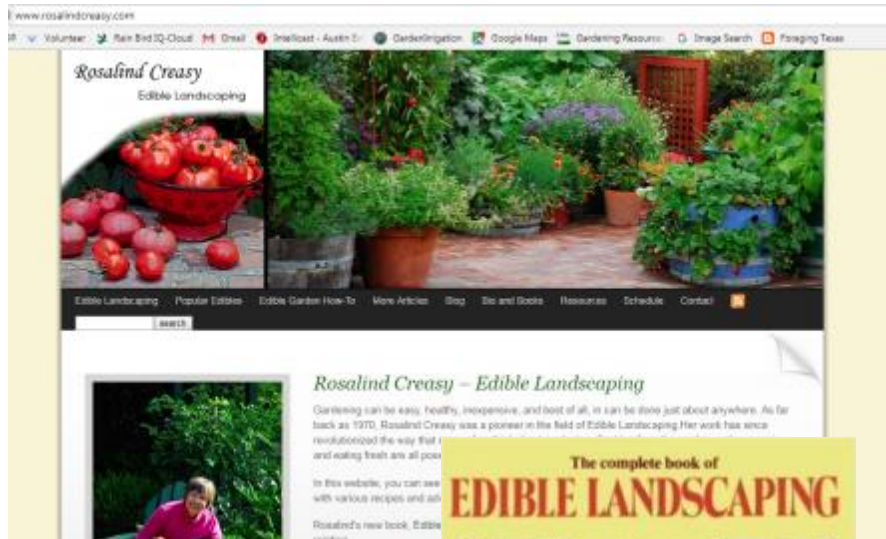
Goats are the new chicken



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Books Websites Etc.



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Additional Resources

California Rare Fruit Growers – <http://www.crfg.org/>

Grow Organic Apples - <http://www.groworganicapples.com/>

The Natural Gardener – <http://www.naturalgardeneraustin.com/>

Orchard Equipment and Supply - www.oescoinc.com

Peaceful Valley Farm Supply - <http://www.groworganic.com/>

Sustainable Food Center - <http://sustainablefoodcenter.org/>

Texas Organic Farmers and Gardeners Association -
<http://www.tofga.org/>

Texas A&M University Extension - <http://agriflifeextension.tamu.edu/>

TreeFolks, Inc. – <http://www.treefolks.org>



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Questions, Discussion?



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