

# **EDIBLE Landscape Resources**

## **Plants and trees:**

### **Plants:**

Sage, Salvia, Nasturtium, Fennel, Chamomile, Dusty Miller, Nemesis, Dianthus, Lobelia, Angelica, Anise, Arugala, Banana, Calendula, Chrysanthemums, Day Lilies, English Daisy, Fuschia, Gladiolas, Hibiscus, Honeysuckle, Lemon Verbena, Mint, Mustard, Pansy, Roses, Scented Geraniums, Snap Dragon, Squash blossoms, Sunflower, Hybrid Begonia, Tulip petals, Violets, Yucca flowers, Aloe Vera, Prickly Pear cactus, Lemonade Berry, Rosemary, Stevia, Spinach, Cilantro, Grapes, Strawberries.

### **Trees:**

Avocado, Fig, Guava, Citrus, Carob

### **Books:**

The Complete Book of Edible Landscaping, by Rosalind Creasy

Designing And Maintaining Your Edible Landscape, by Robert Kourik

The Oxford Book of Food Plants, Peerage Books

The Book of Herbs, Thunder Bay Press

Edible Wild Plants, Vander Marck Editions

### **Local People:**

Urban Plantations, specializing in the Design and Maintenance of edible Landscaping in an Urban Environment. Located in North Park. Phone: 619-563-5771. Website:

<http://www.urbanplantations.com>

Landcare Logic. 7348 Trade Street, Suite B, San Diego, CA 92121. Phone: 858-560-8555

### **Websites:**

<http://landcarelogic.com/landscape-design-installation/edible-landscapes>

<http://www.pitchengine.com/hgediblelandscapes/hg-edible-landscapes-/50086/>

<http://www.amazon.com/Complete-Book-Edible-Landscaping-Resource-Saving/dp/08715>

[http://www.greenpeople.org/listing/Urban\\_Plantations\\_41349.cfm](http://www.greenpeople.org/listing/Urban_Plantations_41349.cfm)

[www.ediblelandscaping.com/plants.php?func=showall](http://www.ediblelandscaping.com/plants.php?func=showall)

<http://www.yardfairy.com/victory-garden.html>



## Nan Sterman's

### Waterwise Resources for Gardeners and Garden Lovers

#### Books

**California Gardener's Guide VII** by Nan Sterman explains how to garden in California's dry, Mediterranean climate. It features color photos and descriptions of nearly 200 gorgeous, drought tolerant plants native to California and regions of the world with similar growing conditions. With this book, you can create a beautiful garden that is low water and low maintenance but high reward.

**Waterwise Plants for the Southwest** by Nan Sterman, Mary Irish, Judith Phillips and Joe Lamp'l expands the Mediterranean plant palette by adding plants native to the Earth's deserts. In California, these plants are easy care and need little water.

#### Classes and talks

Nan teaches a number of classes on low water, edible, and sustainable gardening including:

**Bye Bye Grass.** Tired of watering, feeding, and mowing your lawn? This is the class for you. Session I covers methods for getting rid of lawn. Session II covers what to do with the bare space that remains. Classes are held at The Water Conservation Garden ([www.TheGarden.org](http://www.TheGarden.org)) on the grounds of Cuyamaca College, and at the San Diego Botanical Garden (formerly Quail Botanical Garden) in Encinitas ([www.SDBgarden.org](http://www.SDBgarden.org)). For a class schedule, visit either website or Nan's calendar at [www.PlantSoup.com](http://www.PlantSoup.com).

**Ten Steps to a Greener Garden.** Green gardens are sustainable in that meet the needs of human and non-human inhabitants while using as few resources as possible and generating as little waste and pollution as possible. Green gardens are built from a palette of plants naturally suited to the climate and soils on-site. These gardens require little to no synthetic pesticides, herbicides or fertilizers, use water efficiently, recycle, reuse, and much, much more. Learn the basics of sustainable gardening and make your garden "greener" than it may already be

**Gardening Within Your Watering Means.** California is not in a drought. Our water limitations are permanent and, complicated by global warming, mean that our gardening future is uncertain. That message might send a shiver up your spine, but don't let it dampen (no pun intended) your gardening aspirations. Learn about the enormous palette of gorgeous plants native to California and other regions of the world where summers are hot and dry, rain (and sometimes snow) arrives in winter. As an added bonus, most are low maintenance plants that require little pruning, fertilizer, or water.



***Re(en)Visioning the Garden.*** As we move towards landscapes more appropriate for our dry, Mediterranean climate, some folks worry that the only options are brown and plain. Nothing could be further from the truth. The dry plant palette is adaptable to just about any style of landscape, from Zen to English to anything else. This talk presents the rich range of gardens and styles progressive gardeners are creating today. You'll be inspired by these role-model gardens as together, we re-envision the garden.

### **Nearby gardens to visit**

**The Water Conservation Garden** is five acres of gardens designed to demonstrate how to create beauty with little water. The garden offers classes and tours as well.

[www.TheGarden.org](http://www.TheGarden.org), 12122 Cuyamaca College Drive West, El Cajon, CA, 92019, (619) 660-0614

**San Diego Botanical Garden** (formerly Quail Botanical Gardens) is a traditional botanical garden that includes among its display gardens, plants native to California, Australia, South Africa and other dry, Mediterranean climates. Plants from those regions generally thrive here with little water and little care. 230 Quail Gardens Drive, Encinitas CA, 92024, (760) 436-3036

**Balboa Park** has many wonderful low water gardens tucked into its overall landscape. Visit the amazing desert garden along Park Boulevard just across the bridge from the Natural History Museum and Ruben H. Fleet Science Center. Notice the gorgeous gardens that front the Balboa Park Club. Around the back of the club is a remnant succulent garden planted long ago by Kate Sessions, the "Mother" of Balboa Park. [www.BalboaPark.org](http://www.BalboaPark.org)

### **Help and advice**

**The WaterSmart Pipeline**, (866) 962-7021, is a low water gardening question-and-answer hotline that Nan Sterman answers on Tuesdays from 8:30 am to noon and Thursdays from 1 pm to 4:30 pm. The hotline takes messages 7/24. Email questions are welcomed as well at [Pipeline@TheGarden.org](mailto:Pipeline@TheGarden.org). Voice mail and email messages are returned during Pipeline hours. The WaterSmart Pipeline is a project of the Water Conservation Garden and is funded through a grant from the Stanley Smith Horticultural Trust.

[www.PlantSoup.com](http://www.PlantSoup.com) is Nan Sterman's website and blog where you can learn about low water, climate appropriate gardening. The website includes a list of additional talks and classes, Nan's radio and television appearances, articles she's written, as well as links to her videos on a range of gardening topics.

Nan Sterman also does garden consultations, garden coaching, and garden design.





Cancer Prevention

Home > Moores Cancer Center > Prevention Programs > Healthy Eating Program > Healing Foods Cooking Classes

- About Us
- Appointments
- Clinical Trials
- Health Information
- New Patient Orientation
- Prevention Programs
  - Early Detection
  - Healthy Eating Program
    - About Us
    - Healing Foods Cooking Classes
    - Monthly Nutrition Lectures
    - Personalized Nutrition Counseling
    - School Health Promotion
- Quitting Smoking
- Risk Reduction
- Skin Protection
- Support Services for Patients & Families
- Types of Cancer

## Healing Foods Cooking Classes - 2010

**Healing Foods Cooking Classes** teach participants how to prepare easy and healthy recipes using foods that promote health and help fight disease. Classes taught by Susan Faerber and other members of the Prevention Program include demonstration, discussion about ingredients and cooking methods, tasting, and recipes.

All classes will be held in the Healing Foods Kitchen and adjacent conference room, Moores UCSD Cancer Center (Rooms 2007 & 2008, second floor), 3855 Health Sciences Drive, La Jolla, CA 92093-0901.

Introductory classes are **free** thanks to the generous support of Charmaine & Maurice Kaplan.

**Advance registration required.** Download a copy of the [Registration Form](#) and the [Waiver Form](#).

**For more information about UCSD's Healthy Eating Program, please call (858) 822-6790 or e-mail [info@healthyeating.ucsd.edu](mailto:info@healthyeating.ucsd.edu).**

- [Download Registration Form & Waiver Form](#)

### 2010 SCHEDULE

#### January - Comfort Foods - New Ideas for the New Year

- Monday, January 4, 6 - 8 PM
- Tuesday, January 5, 11:30 AM - 1:30 PM
- Thursday, January 7, 11:30 AM - 1 PM
- Thursday, January 7, 6 - 8 PM
- Tuesday, January 12, 6 - 8 PM
- Wednesday, January 13, 11:30 - 1:30 PM
- Wednesday, January 13, 6 - 8 PM

#### February - Mood Foods

- Monday, February 1, 6 - 7:30 PM
- Tuesday, February 2, 11:30 - 1 PM
- Thursday, February 4, 11:30 - 1 PM
- Thursday, February 4, 6 - 7:30 PM
- Tuesday, February 9, 6 - 7:30 PM
- Wednesday, February 10, 11:30 - 1 PM
- Wednesday, February 10, 6 - 7:30 PM

#### March - Beyond Bran to Fabulous Fiber

- Monday, March 1, 6 - 7:30 PM
- Tuesday, March 2, 11:30 AM - 1 PM
- Thursday, March 4, 11:30 AM - 1 PM
- Thursday, March 4, 6 - 7:30 PM
- Tuesday, March 9, 6 - 7:30 PM
- Wednesday, March 10, 11:30 AM - 1 PM
- Wednesday, March 10, 6 - 7:30 PM

**April - Stealth Health: Recipes with Surprise Ingredients**

- Monday, April 5, 6 -7:30 PM
- Tuesday, April 6, 11:30 -1 PM
- Thursday, April 8, 11:30-1 PM
- Thursday, April 8, 6 -7:30 PM
- Tuesday, April 13, 6 -7:30 PM
- Wednesday, April 14, 11:30 -1 PM
- Wednesday, April 14, 6 -7:30 PM

**May - The Big Frame Up: Confused About Calcium?**

- Monday, May 3, 6 - 7:30 PM
- Tuesday, 4, 11:30 AM -1 PM
- Thursday, May 6, 11:30 AM - 1 PM
- Thursday, May 6, 6 - 7:30 PM
- Tuesday, May 11, 6 -7:30 PM
- Wednesday, May 12, 11:30 AM - 1 PM
- Wednesday, May 12, 6 -7:30 PM

**June - Healing Foods: Phytochemicals**

- Tuesday, June 1, 6 - 7:30 PM
- Wednesday, June 2, 11:30 AM -1 PM
- Wednesday, June 2, 6 - 7:30 PM
- Thursday, June 3, 11:30 AM -1 PM
- Thursday, June 3, 6 - 7:30 PM
- Monday, June 7, 6 - 7:30 PM
- Tuesday, June 8, 11:30 AM -1 PM

**July - Summer Celebration: Picnic Parties & Grilling Guidelines**

- Tuesday, July 6, 6 - 7:30 PM
- Wednesday, July 7, 11:30 AM - 1 PM
- Wednesday, July 7, 6 - 7:30 PM
- Monday, July 12, 6 - 7:30 PM
- Tuesday, July 13, 11:30 AM - 1 PM
- Thursday, July 15, 11:30 AM - 1 PM
- Thursday, July 15, 6 - 7:30 PM

**August - What's for Lunch?: Eating on the Run**

- Monday, August 2, 6 - 7:30 PM
- Tuesday, August 3, 11:30 AM - 1 PM
- Thursday, August 5, 11:30 AM - 1 PM
- Thursday, August 5, 6 - 7:30 PM
- Tuesday, August 10, 6 - 7:30 PM
- Wednesday, August 11, 11:30 AM - 1 PM
- Wednesday, August 11, 6 - 7:30 PM

**September - Dinner's On! Meals in Minutes**

- Tuesday, September 7, 6 - 7:30 PM
- Wednesday, September 8, 11:30 AM - 1 PM
- Wednesday, September 8, 6 - 7:30 PM
- Monday, September 13, 6 - 7:30 PM
- Tuesday, September 14, 11:30 AM - 1 PM
- Thursday, September 16, 11:30 AM -1 PM
- Thursday, September 16, 6 - 7:30 PM

**October - Trick or Treat: Label Reading & Trick Ingredients**



## PERSIMMON SALAD WITH FENNEL - #108

1 fennel bulb, washed, trimmed (about 6-7 oz.), thinly sliced (about 2 cups)  
2 med. ripe Fuyu persimmons (about 8 oz. total), washed, sliced (about 2 cups)  
1 tsp. fennel leaves, finely chopped  
Orange Vinaigrette:  
1 tbsp. extra virgin olive oil  
1-2 tsp. grated orange peel  
Juice of 1 orange (about 1/2 cup)  
2 tsp. balsamic vinegar  
1/8 tsp salt

Prepare the vinaigrette by mixing the oil, orange peel, orange juice, vinegar, and salt together in the salad bowl. Then slice the bottom off the fennel bulb, reserving some of the green leaves. Remove the tough outer leaves from the bulb. Then quarter and slice the bulb as thinly as possible. Chop finely a teaspoon or two of the reserved green fennel leaves. Place the fennel bulb and leaves in salad bowl and toss immediately to coat all surfaces with the vinaigrette dressing.

Then cut a small amount of the top and bottom off the persimmons. Slice each persimmon (skin and all) into 1/4-inch thick rounds and then into quarters. Add the persimmons to the salad bowl and toss gently to coat all pieces of persimmon with the dressing. Taste and adjust the seasoning if needed. You may want slightly more orange peel, orange juice, and/or balsamic vinegar. Also if your orange is not very sweet, you may want to add a pinch or two of sugar.

Makes 4 cups. Count each cup as 1 vegetable serving and 1 fruit serving on your Weekly Food Checklist. Each cup provides about 115 calories, 2 grams protein, 4 grams fat, and 5 grams fiber.

### Notes

Consider adding a cup of fresh chopped watercress to this salad for extra flavor and color. As a dark green leafy vegetable, it adds extra nutrients and can also counts toward your BOLD vegetable goal.

Persimmons are in season from October through December. About 98% of the persimmons sold in the U.S. are grown in California. The two main types of persimmons are Hachiyas and Fuyus. Hachiyas are oval with a teardrop shape, while Fuyus are more flat and tomato-like in shape. Skin color is not an indication of ripeness, since persimmons turn bright orange before they are mature. Ripe Hachiyas are as soft as an overripe avocado. Fuyus can be eaten while firm or soft, much like an apple, skin and all. Ripen persimmons at room temperature in a loosely closed bag to the appropriate stage for their variety. Turn fruit occasionally as it

## Herbed Lima-Bean Hummus #996

2 (10-oz) packages frozen baby lima beans  
1 large onion, chopped  
5 garlic cloves, smashed with side of a large knife  
1 teaspoon salt  
1/4 cup chopped fresh cilantro  
1/4 cup chopped fresh flat-leaf parsley  
1 teaspoon ground cumin  
1/4 teaspoon cayenne, or to taste  
3 to 4 tablespoons fresh lemon juice  
4 tablespoons extra-virgin olive oil  
2 tablespoons chopped fresh dill  
2 tablespoons chopped fresh mint

Saute onion, garlic, salt, in 2 TBSP olive oil for 2 minutes, add beans and cook covered, until beans are tender, about 8 minutes. Stir in cilantro and parsley and let stand, uncovered, 5 minutes.

Transfer bean mixture to a food processor. Add cumin, cayenne, 3 tablespoons lemon juice, 2 tablespoons oil, dill, and mint and purée until smooth. Transfer to a bowl and cool to room temperature, stirring occasionally. Season with salt and pepper and add lemon juice to taste.

Makes 32 1/8 cup servings: each serving provides 43 calories, 2g fat (0g sat), 5g carbohydrates, 1 g protein, 1g fiber, 125 mg sodium, and 18 mg potassium and 13 mg calcium.