



Beneficial Plants for Fruiting Trees

Comfrey – Use as a ground cover as it is rich in nitrogen, potash and calcium. Mow and use as mulch.

Daffodils – Deter mice/voles from girdling trees. Plant in tight circle 12" from tree.

Dogwood – Draws braconid wasps to feed on pests, apple maggot flies.

Siberian Pea Shrub – Nitrogen fixing woody shrub.

Sweet Cicely – Provides nectar for adult syrphid flies, whose larvae eat aphids.

Yarrow – Rich in copper nitrogen and phosphorus, it is a good living mulch.

A **Food Forest** is possible because of the remarkable services provided by pollinators . . . birds, bats, butterflies, moths, flies, beetles, wasps, small mammals, and most importantly, bees. All are pollinators that visit flowers to drink nectar, or feed off of the pollen and transport the pollen grains as they move from spot-to-spot. As temperatures rise in the spring, dandelions are one of the first foods that provides pollinators with nourishment.

These pollinators cross-fertilize to over 180,000 different plant species and more than 1,200 crops. One out of every three bites of food you eat is there because of pollinators.



Please consider planting a **Food Forest** for your health and that of the pollinators. Utilize this guide to help determine which fruiting trees, bushes, plants and flowers will be most valuable for your Food Forest.

The U.S. Department of Ag has determined that northern Wyoming is Zone 4. However, Zone 2 or 3 are more winter-hardy. Look for varieties of trees, shrubs, vegetables and flowers that match these ratings. Also ask your nursery for fire-blight resistant tree varieties. This disease is easily managed by selecting resistant trees, and through springtime preventative treatments.

Later blooming fruit trees produce better fruit production as late spring frosts can kill early blossoms. Select a variety of trees, bushes, vegetables and flowers that bloom throughout the season. For example, peach trees can be grown here, however, their flower production is often too early, and blossoms can easily be lost to late frosts, thus no fruit production.

Additional information can be obtained from the University of Wyoming Extension
at: 307 674-2980 or email: hininger@uwyo.edu



The Sheridan **Food Forest** Committee is a dedicated group of people that have joined together to build on the local food movement, by encouraging use of public space to grow fruit trees and bushes, and perennial fruits and vegetables. The following people are participating in this initiative.

*Molly Clark, Edith Heyward, Scott Hininger, Karen Johnson, Donald Legerski,
Carol LeResche, Chuck Walters, Kentz Willis, Jenny Williams, Val Burgess*



Donations of native trees, bushes, perennial vegetables and flowers to support this initiative are appreciated.

For more information, please contact:

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Val Burgess – vburgess@burgessdesigngroup.com



Bring Nature Home, Grow a Food Forest

Food Forests are dedicated planting areas designed to mimic a natural forest in structure, however fruiting trees and shrubs, perennial vegetables, herbs and annuals are substituted for the usual plantings. This forest also includes plants that attract beneficial insects to control pests – as well as blooming plants that provide seasonal food for pollinators. A thriving Food Forest requires living soil, a good water source, beneficial insects to control pests and to pollinate fruiting plants, bushes and trees.

Farmers and ranchers in this area once provided a great deal of the food eaten by our community's residents. This project is a move to bring more local fruits and vegetables back to the Sheridan area by using public space for public food. All food from the Food Forest is free to anyone.

Throughout cultural history, food has been at the center of family and community celebrations. People gathered around the table, renewing family connections and community experiences while enjoying a hearty meal. Food Forests reconnect families through natural food-producing areas that provide a place to congregate, and eat fresh fruits and vegetables directly from the plants that produced them.

Food Forests also provide an opportunity to introduce our children to the interconnected system of food production, and to emphasize the importance of beneficial insects and soil microbes. In the last 20 years pollinators, especially bees (both honey and native bees) have been declining due to disappearing habitat, reduction in seasonal foods due to farming practices, and the increased use of pesticides. Re-creating safe habitat and an abundance of food for pollinators is an integral part of creating a Food Forest.





Mice/Vole Resistant
Self Pollinating
Zone
Deer Resistant
Fire Blight Resistant
Native/Non Native
Sun/Shade
Water Needs
Tolerant
Height
Harvest

Fruit Trees													
Apple													
	- Haralred	3	L	No	No	No	S	NN	No	N	M	L	
	- Honeycrisp	4	M	Yes	No	No	S	NN	Yes	N	M	E	
	- Honeygold	3	M	No	No	No	S	NN	No	N	M	E	
Pear													
	- Gourmet	4	E	No	No	No	S	NN	No	N	M	E	
	- Hardy	4	E	No	No	No	S	NN	No	N	S	L	
	- Harvest Queen	4	E	No	No	No	S	NN	Yes	N	S	L	
Plum													
	- Pembina	3	E	No	No	No	S	NN	No	N	L	E	
	- Toka	3	E	No	No	No	S	NN	No	N	L	E	
	- Waneta	3	E	No	No	No	S	NN	No	N	L	E	
Apricot													
	- Hargrand	4	L	No	No	No	S	NN	No	N	L	L	
	- Moorpark	4	E	Yes	No	No	S	NN	No	N	M	E	
Sour Cherry													
	- Meteor	3	L	Yes	No	No	S	NN	No	N	S	M	
	- Montmorency	4	L	Yes	No	No	S	NN	No	N	S	M	
	- North Star	4	L	No	No	No	S	NN	No	N	S	M	
Bushes	Fruit Bearing												
Buffaloberry		4	E	No	-	No	SSh	N	-	N	7-8'	L	
Chokecherry		4	E	No	-	No	SSh	N	-	L	6-20'	L	
Golden Currant		2	L	Yes	-	No	SSh	N	-	N	7-9'	M	
Elderberry		2	L	Yes	-	No	SSh	N	-	N	6-12'	M	
Gooseberry		3	M	Yes	-	No	S	NN	-	N	-	E	
Goji Berry		3	L	Yes	-	No	S	NN	-	N	-	E	
Hawthorne		3	L	No	-	-	PSH	NN	Yes	N	3-9'	-	
Honeyberry		3	L	No	-	-	S	NN	Yes	N	-	M	
Native Plum		3	E	No	-	-	S	NN	Yes	N	5-7'	L	
Pea Shrub		2	L	No	-	-	S	NN	Yes	N	6-20'	M	
Raspberry	Summer Bearing												
	- Boyne	3	E	Yes	-	No	S	NN	-	N	3-4'	E	
	- Kilarney	5	E	Yes	-	No	S	NN	-	N	4-5'	E	
	- Latham	3	M	No	-	No	S	NN	-	N	4-5'	E	
	Fall Bearing												
	- Anne (yellow-fruited)	3	EL	Yes	-	No	S	NN	-	N	4'	EL	
	- Autumn Britten	4	EL	Yes	-	No	S	NN	-	N	4'	EL	
	- Caroline	4	E-L	Yes	-	No	S	NN	-	N	4'	E-L	
Serviceberry													
Strawberry	June Bearing												
	- A.C.Wendy	3	EL	No	-	No	S	NN	-	N	6-8"	EL	
	- Cabot	4	E	No	-	No	S	NN	-	N	-	E	
	- Cavendish	3	EL	No	-	No	S	NN	-	N	6-8"	EL	
	Everbearing												
	- Fort Laramie	3	EL	No	-	No	S	NN	-	N	3-6"	EL	
	- Ogallala	3	EL	No	-	No	S	NN	-	N	6-8"	EL	
	- Ozark Beauty	4	E	Yes	-	No	S	NN	-	N	8-10"	E	



Vegetables	Perennial												
	- Arugula	3	E	No	-	No	S	NN	Yes	N	3-6'	Early	
	- Asparagus	3	E	-	No	No	S	N	Yes	N	3'	Spr	
	- Dandelion	3	E	No	-	-	S	NN	Yes	N	5"	Spr	
	- French Sorrel	3	E	No	-	No	S	NN	Yes	N	1-2'	Spr	
	- Garlic Chives	4	L	No	-	-	PS	NN	Yes	N	1-2'	Spr	
	- Good King Henry	3	E	No	-	No	PS	NN	Yes	W-D	2'	Spr	
	- Horseradish	2	L	No	Yes	Yes	S	NN	Yes	N	4-5'	Fall	
	- Jerusalem Artichoke/Sunchoke	3	L	Yes	-	-	S	NN	Yes	N	4-9'	Fall	
	- Lovage	3	LS	No	-	No	S	NN	Yes		6-8'		
	- Ramps/Wild Leeks	3	E	-	-	No	PS	NN	Yes	MT		Spr	
	- Rhubarb	3	E	-	-	-	S	NN	No	MT	1-2'	Spr	
	- Salad Burnet	4	E	R	-	-	S	NN	No	L	2"	Spr	
	- Winter Purslane	3	M	-	Yes	-	S	NN	No	N	Low	Spr	
Flowers/Herbs	Native/Perennials												
	- Blue Flax	3	E	No	No	No	S	NN	No	W-D	1-2'		
	- Borage (Mint)	3	E	No	-	No	S	NN	Yes	N	1-2'		
	- Cat Mint / Catnip	3	M	No	-	No	S	NN	Yes	L	1-3'		
	- Dotted Gayfeather	3	ML	No	No	No	S	N	Yes	L	1-2'		
	- Golden Banner	4	E	No	-	Yes	S	N	Yes	MT	30"		
	- Lupine	4	EML	Yes	Yes	Yes	S	N	Yes	D-N	1-3'		
	- Mint (herb)	3	L	No	Yes	Yes	SSh	N	Yes	W-D	1-2'		
	- Monarda, Wild Bergamot (Bee Balm)	4	E	No	Yes	Yes	S	NN	Yes	N	2-4'		
	- Oregano	5	L	No	Yes	Yes	S	N	Yes	L	10'		
	- Purple/Yellow Cone Flower (Echinacea)	3	M	No	-	Yes	S	N	Yes	L	2-4'		
	- Rocky Mountain Bee Plant	3	L	Yes	Yes	Yes	S	N	Yes	L	4'		
	- Rocky Mountain Penstemon	3	E	No	No	No	S	N	Yes	L	1-3'		
	- Sage (Herb-Common)	5	F	-	Yes	Yes	S	NN	Yes	MT	1'		
	- Salvia, (Perennial)	3	M	No	Yes	Yes	S	N	Yes	L	1-5'		
	- Scarlet Gilia	3	L	No	No	No	S	N	Yes	L	1-3'		
	- Showy Aster	4	F	No	No	No	S	N	Yes	W-D	8"-8'		
	- Showy Milkweed	3	EL	No	No	No	S	N	Yes	L	1-5'		
	- Thyme (Herb)	5	M	Yes	Yes	Yes	S	NN	Yes	L	6-12"		
	- Wax Leaf Penstemon	4	L	No	Yes	Yes	S	N	Yes	L	10-12"		



LEGEND

Trees/Bushes Only – Fire Blight Resistant – Yes (Y)/No (N)

Zone – 3-4

Self Pollinating – Yes (Y) / No (N)

Deer Resistant – Yes (Y) / No (N)

Native/Non Native – N / NN

Sun/Shade/Partial Shade – Sun (S)/Shade(SH)/Partial Shade (PS)

Water Needs – Moist (MT)/Low (L)/Normal (N)/Well Drained (WD)

Harvest – Early (E) / Late (L) OR Spring (S) / Fall (F)

Trees/Bushes Only – Fire Blight Resistant – Yes (Y)/No (N)

Blooms – E-Early, M-Mid Summer L-Late

Mice/Vole – Yes (Y) / No (N)

- No information

Beneficial to Bees – – Yes (Y) / No (N)

