



### Edible Plants for Outdoor Learning Environments

Permanent Trees, Shrubs and Vines for North Carolina

**Fruiting Trees**

Common Name	Botanical name	Mature Height	Mature Width	Management level	Management notes	Exposure	Recommended Cultivars for NC	General notes
Apple	<i>Malus domestica</i>	10'-20'	10'-15'	Moderate	Require pruning, and observation/treatment for pests and diseases.	Full sun	Gala, Ginger Gold, Jonagold, Empire, Red Delicious, Golden Delicious, Stayman, Rome, Fuji	You will need to plant at least two varieties of apple trees together in order to maximize fruit production and quality. Other helpful information can be found here: <a href="http://www.ces.ncsu.edu/depts/hort/hil/hil-8301.html">http://www.ces.ncsu.edu/depts/hort/hil/hil-8301.html</a>
Apricot	<i>Prunus armeniaca</i>	10'-20'	15'-20'	High	Susceptible to disease in humid climates, consult a local nursery to make the best selection for where you live.	Full/ Part sun	Blenheim, Royal, Tilton, Perfection, Earlicot, Autumn Royal	Beautiful spring flowers, trees are self-fruitful.
Fig	<i>Ficus carica</i>	15'-20'	15'-30'	Low	No serious disease problems.	Full sun	Celeste, Brown Turkey, Brunswick, Marseille, Magnolia	Easy to grow, drought tolerant, tropical looking tree. Can be espaliered to grow flat against a wall.
Mulberry	<i>Morus alba</i>	30'-70'	20'-35'	Low	Fruit drop can be messy, plant away from patio areas and paved pathways to avoid surface stains. Can be invasive.	Full/ Part sun	<b>White Mulberry:</b> Pendula, Downing, New American, Wellington. <b>Black Mulberry:</b> Black Persian, Noir. <b>Red Mulberry:</b> Hicks, Johnson, Stubbs, Townsend, Travis.	Tolerant of poor growing conditions, attracts birds. Mulberries may not be considered a top-tier edible plant, but they grow quickly, fruit prolifically, and provide food for wildlife.
Pawpaw	<i>Asimina triloba</i>	15'-20'	10'-15'	Low	Can be difficult to transplant, consult an experienced grower for advice. Once established, very low maintenance tree.	Part sun	Overleese, Taylor, Taytow, Wells, Wilson, Mango	Paw paws produce unique fruit that tastes like a combination between a banana, mango, and cantaloupe.
Peach	<i>Prunus persica</i>	15'-20'	15'-20'	Very High	A multipurpose fungicide and insecticide spray program will be needed during the growing season.	Full sun	Redhaven, Norman, Carolina Belle, Contender, Cresthaven, Encore, Legend	Self-fruitful. Do not require pollination by other varieties.
Pear (Asian)	<i>Prunus pyrifolia</i>	10'-25'	10'-20'	Moderate	Plant only fire blight-resistant varieties.	Full sun	Twentieth Century, Chojuro, New Century, Nititaka	At least two varieties are recommended to ensure adequate pollination. Asian pears are very crisp and juicy.
Pecan	<i>Carya illinoensis</i>	60'-120'	40'-75'	Low	No serious disease problems.	Full sun	<b>Type I:</b> Cape Fear and Pawnee. <b>Type II:</b> Stuart, Forkert, Sumner, Kiowa, Gloria Grande	Pollination by another variety is essential. One variety from each of the two groups (Type I or Type II) must be used for pollination. Pecans are large, beautiful, long-lived shade trees.
Persimmon (Oriental)	<i>Diospyros kaki</i>	20'-35'	15'-20'	Low	No serious disease problems.	Full sun	Fuyu, Jiro, Hanagoshio	Only large-fruited Oriental persimmons are recommended for North Carolina.
Plum (European)	<i>Prunus domestica</i>	10'-12'	10'-12'	Moderate	A multipurpose fungicide-insecticide spray program will be needed during the growing season. Plant away from paved areas to avoid messy fruit drop.	Full sun	Bluefre, Stanley, Shrophire (Damson)	Some varieties are self-fruitful, but planting 2 varieties is recommended.
Plum (Japanese)	<i>Prunus salicina</i>	15'-20'	15'-20'	Moderate	A multipurpose fungicide-insecticide spray program will be needed during the growing season. Plant away from paved areas to avoid messy fruit drop.	Full sun	Methley (self-fruiting), Byrington, Burbank, Ozark Premier	Some varieties are self-fruitful, but planting 2 varieties is recommended.

**Fruiting Shrubs**

Blueberry	<i>Vaccinium ashei</i>	6'-12'	6'-10'	Low	Requires acidic soil and good drainage. Planting bed preparation is critical for blueberries.	Full/ Part sun	<b>Coast:</b> O'Neal, Morrow, Reveille, Murphy, Bounty, Blue Ridge, Bluechip, Jersey. <b>Piedmont:</b> Climax, Premier, Tifblue, Powderblue, Centurion. <b>Mountains:</b> Duke, Sunrise, Bluegray, Bluecrop, Toro, Berkeley, Jersey.	Plant multiple cultivars that ripen at different times to have berries almost all summer long. More information can be found here: <a href="http://www.ces.ncsu.edu/depts/hort/hil/hil-8207.html">http://www.ces.ncsu.edu/depts/hort/hil/hil-8207.html</a>
Blackberry	<i>Rubus spp.</i>	3'-5'	1'-3'	Moderate	Blackberry canes require trellis support. Pruning and training information: <a href="http://www.ces.ncsu.edu/depts/hort/hil/hil-8206.html">http://www.ces.ncsu.edu/depts/hort/hil/hil-8206.html</a>	Full sun	Thornless: Arapaho, Chester Thornless, Hull, Navaho, Triple Crown	Blackberries are better suited to NC's humid climate than raspberries. Consult a local nursery for advice on selecting a cultivar for your region.
Raspberry	<i>Rubus spp.</i>	3'-5'	1'-3'	Moderate	Require pruning and training.	Full sun	<b>Mountains:</b> Heritage, Caroline, Autumn, Nantahala. <b>Piedmont:</b> Dormanred, Southland	Raspberries grow best in the NC Mountains and Piedmont, and are not tolerant of coastal conditions. More information can be found here: <a href="http://www.ces.ncsu.edu/depts/hort/hil/hil-8204.html">http://www.ces.ncsu.edu/depts/hort/hil/hil-8204.html</a>
Pomegranate	<i>Punica granatum</i>	3'-6'	2'-4'	Low	Light pruning is recommended. No disease problems.	Full sun	State Fair, Nana	Pomegranates will not produce much edible fruit in NC, but are still attractive, easy to grow plants. The fruit is an added bonus!
Strawberry	<i>Fragaria vesca</i>	1'-2'	1'	Moderate	Replace plants every 2-3 years to prevent disease.	Full sun	Chandler, Camarosa, Sweet Charlie	More information can be found here: <a href="http://www.ces.ncsu.edu/depts/hort/hil/hil-8205.html">http://www.ces.ncsu.edu/depts/hort/hil/hil-8205.html</a>

**Fruiting Vines**

Hardy kiwi	<i>Actinida arguta</i>	25'-30'	5'-10'	Moderate	Vines require training onto a trellis or arbor, and must be cut back in winter (removing about 70% of the plant) to ensure fruit set on new growth next season	Full/ Part sun	Issai (self-pollinating), Meader (male), Anna (female)	Great for 'greening' chain link fences, walls, and arbors. Need a male and a female plant to produce fruit unless you plant a self-pollinating variety.
Muscadine grapes	<i>Vitis rotundifolia</i>	15'-30'	10'-15'	Moderate	Pruning and vine training are required. Muscadines are rarely affected by disease.	Full/ Part sun	Triumph, Noble, Carlos (all self-fertile)	Great for 'greening' chain link fences, walls, and arbors. More information can be found here: <a href="http://www.ces.ncsu.edu/depts/hort/hil/hil-8203.html">http://www.ces.ncsu.edu/depts/hort/hil/hil-8203.html</a>
Passionfruit	<i>Passiflora incarnata</i>	12'-20'	10'-15'	Low	Tolerant of poor soils and fast-growing.	Full sun	Check with local nurseries or landscape professionals.	Showy flowers attract butterflies. Will cover a chain link fence or arbor.

**Natural Learning Initiative | College of Design | North Carolina State University**

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