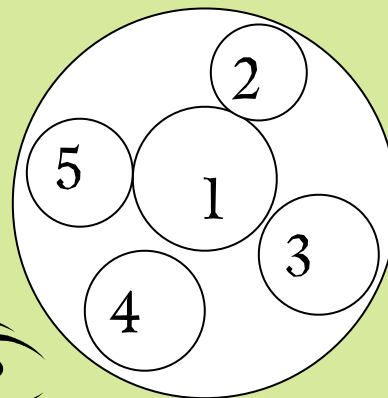


Recipe Card for the Container Design of the Month

Designed by Laura Altvater, planted by Drew Waldman at Portland Nursery

June 2010

Design of the Month



Edible Water Garden

1. *Sagittaria latifolia*, tasty, nutty tubers
2. *Typha latifolia* 'Variegata'-all parts edible
3. *Nasturtium officinale*, Watercress
4. *Oenanthe j.* 'Flamingo'-Water Celery
5. *Eleocharis dulcis*, Chinese Water Chestnut
6. Triple Curl Parsley

PORTLAND
NURSERY

Steps:

1. Repot the plants in #1 or #2 containers using Axis, gravel or clay soil for potting medium. This allows for root growth, while giving you the option to put plants at different depths in your container. If you choose plants that live at the same depth you can take them out of their pots and plant directly into the large container.

Note: Plant your final container in its final home. The finished product may be quite heavy if it is large.

2. The crown of these plants (where the stems meet the roots) should be 2" below the water level. We filled the bottom of our Smart Barrel with Axis (gravel works too) to raise the plants to the correct level. You can also use bricks, tiles, nursery pots or other household items to keep plants at the correct water level.

Substitutions:

More exciting edible water plants include *Hemerocallis*, Daylily, *Tulbaghia*, Society Garlic, *Nuphar lutea*, Yellow Water Lily, *Colocasia*, Taro, *Neptunia oleracea*, Water Mimosa and *Nelumbo nucifera*, Sacred Lotus.

Care and Maintenance:

The plants will need Aquatic Plant Food Tablets; use tablet per gallon of soil. Mosquito dunks or fish can help control mosquito larva and are organic! Add nitrifying bacteria if fish are present and Ecofix to help digest dead organics making nitrogen and oxygen available for plants and fish.

You can pick the leaves of the Water Celery and Cress all spring and summer. *Typha* roots (fall), flower stems and young flowers (summer). seeds (fall) can all be processed and eaten. Harvest the tubers of *Sagittaria* and Water Chestnut in the fall after the foliage has turned brown.