East Hill Tree Farm

Plant List for 2011

Fruit trees, nuts, and berries for Central Vermont

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Visiting East Hill Tree Farm

We are **open Saturday 9-4:30 and Sunday from 10-4:30** or by appointment (call Nicko at 272-5880). We are in the process of establishing experimental and small scale production plantings. Please come out for a visit! We are happy to show you our projects, from compost to kiwis.

Directions to 3496 East Hill Rd:

Via Route 2
-Turn into the 'village' of Plainfield at the blinking light.
-Stay straight on Main St., go past the Plainfield Co-op and up a little hill to a fork in the road.
-Bear right onto East Hill Rd.
-Travel exactly 3.5 miles on East Hill Rd. There is a brick house on the right and a barn on the left. The nursery is just beyond the Barn.

Via 302
- About 3.7 miles from Barre, turn onto Reservoir Rd. Continue into Plainfield (becomes Brook Rd).
-Turn right onto East Hill Rd.
-Travel 1 mile, the nursery is at the crest of the hill on the right, just before the barn.

PRICES FOR 2011

APPLES	**$59**	CURRANTS	**12-25**
PLUMS	**59**	GOOSEBERRIES	**12-25**
PEARS	**59**	ELDERBERRIES	**12-19**
CHERRIES	**59**	BLACK CHOKEBERRIES	**25**
OAKS	**19**	NANKING CHERRIES	**12**
CHESTNUTS	**9-19**	SILVER BUFFALO BERRIES	**19**
HAZELNUTS	**9-19**	SIBERIAN PEASHRUBS	**12**
BLACK WALNUTS	**9-19**	RED-TWIG DOGWOODS	**19**
KOREAN NUT PINES	**12-25**	FORSYTHIA	**19**
BLUEBERRIES	**12-35**	HYDRANGEA	**19**
HARDY KIWIS	**15-25**	BLACK LOCUSTS	**19**
RASPBERRIES	**6**	RUGOSA ROSES	**19**
JUNEBERRIES	**25**	LILACS	**25-35**
SEABERRIES	**15-20**	BASSWOODS	**19**
HONEYBERRIES	**19**		

Looking for something else? Additional species are available. Let us know what you are looking for, we may have it or be able to find it.

Fruit Trees

Fruit trees provide an awesome low maintenance resource which can last for generations. A few moments of planning and consideration often means the difference between an abundance of fruit and a dead stick in the mud.

Fruit trees, prefer a well drained location, with soil PH of around 6.5. Fertile garden soil is often best but many sites will work well given a bit of compost and appropriate mineral amendments. The trees should receive as close to full sun as possible, flowers and fruit will form on branches in the sun. A regular breeze will help with insect and fungal pests. If needed, pruning should be done in late winter or early spring when the trees are dormant.

The most common fatal errors include planting trees in wet locations or failing to protect trees from deer and rodents.

APPLES *(Malus spp.)*

Apples, though native to Central Asia, have become an integral member of the New England community. Once established, an apple tree can produce fruit for generations. There are thousands of named apple varieties, and new varieties being named all the time. Apples thrive in Vermont but are subject to a wide range of diseases and pests. Varieties selected for resistance to disease make it easier to grow high quality, attractive fruits, with better storage qualities. I recommend these disease resistant (**D.R.**) varieties.

You need to have **at least two trees for pollination**. Apples are common enough in Vermont that you can often get away with planting one if a neighbor has a few trees. Wild trees or crab apples growing nearby can also serve as pollinators. More pollen often means more and larger fruit. **Full size trees should be planted 25-35 feet apart; semi-dwarf trees as close as 12 feet.**

Some additional varieties may be available, as well as a trees on fully dwarfing rootstock. Please inquire if you are interested.

APPLE VARIETIES

Variety	Season	Rootstock	D.R.	Description
Centennial Crabapple	Late August	Standard		Red over orange crab apple, excellent for fresh eating. Good for a front yard where fruit litter may be a nuisance.
Chestnut Crabapple	Late August	Standard	Y	A vigorous and disease resistant tree. Beautiful white blooms yield a sweet and tasty fruit with an awesome nutty flavor.
Cortland	Late September	Standard		A very popular crisp flavorful old variety. The stripped red apples are excellent for eating fresh and cooking (especially pies).
Crimson Crisp	September	M7	Y	Crimson red fruit are firm and crisp with a nice tart flavor that store well. Good scab resistance and open growth pattern make trees grower friendly.

APPLE VARIETIES *(continued)*

Variety	Season	Rootstock	D.R.	Description
Crimson Topaz	Late September	M7	Y	An exciting new disease resistant variety. Produces medium size crisp, juicy fruit, with good flavor. Attractive orange and red over yellow fruit.
Dayton	August	G30	Y	A firm, sweet, juicy, red apple, somewhat mild flavor. Highly Scab resistant. Excellent backyard apple.
Dolgo	Late August	Standard	Y	Lovely flowering crab, produces sweet, tart 1" apples, excellent for jam or cider.
Fameuse (snow apple)	August-September	M7		Parent of Macintosh. Snow white flesh is tender and slightly spicy. Delicious for fresh eating, baking, or cider.
Florina	Late September	B118 or M7	Y	Beautiful purple red over yellow fruit, crisp, very juicy, with a good mild buttery flavor. Medium to large fruit keep well. Vigorous.
Freedom Apple	Late September	M7	Y	Bright red fruit is crisp, juicy, and tart, good for fresh eating, sauces, juice, and keep well. Trees are vigorous and productive. Immune to apple scab and resistant to most major apple diseases.
Frostbite	September-October	Standard	Y	Formerly 'MN 447'. Small Striped red over yellow fruit are extremely sweet with intense, unusual, tropical molasses flavor. Crisp, firm, and juicy. Also excellent for cider.

Apple Rootstock Information

Most all fruit trees are propagated via grafting. The rootstock determines size and some growth characteristics of the tree. We offer trees on standard and semidwarfing rootstocks. Semidwarf trees come into bearing sooner, do not grow as large (about 15 ft), and are typically highly productive but often not as long lived.

Standard = Antanovka: Vigorous and disease resistant full size trees.

B9 = Budagovsky 9: Full dwarf (25-30% Standard). Hardy. Needs support.

B118 = Budagovsky 118: Semidwarf (70-80% standard). Hardy and productive.

G30 = Geneva 30: Semidwarf (50-60% standard) tree highly productive, well anchored but may need support in early years.

M7 = EMLA 7: SemiDwarf (50-65% standard). Moderate disease resistance. Free-standing, reliably productive, hardy.

APPLE VARIETIES *(continued)*

Variety	Season	Rootstock	D.R.	Description
Galarina	Late September	M7		Crisp and sweet fruits, similar in flavor and appearance to the gala apple, but with greater hardiness and disease resistance.
Ginger Gold	August	M7		Yellow gold fruit, similar to golden delicious. Sweet with a mild tart finish, best for fresh eating, good for baking and sauce.
Haralred	Early October	Standard	Y	Hard crisp apples which keep well into winter. Good for cooking and fresh eating. Prone to biennial bearing once mature. Naturally stays 15-20'. Very hardy.
Honeycrisp	Late September	Standard and M7		Exciting, super crisp and juicy new apple variety. Large, tasty, attractive fruit stores into winter.
Liberty	Late September	M7	Y	Productive new variety, resistant to scab and cedar apple rust. Crisp, juicy, and flavorful. Keeps well. Does very well with no spraying. Particularly robust and vigorous. An excellent apple for a home orchard.
Northwest Greening	Late September-Early October	Standard		Old variety. Yellow green fruit is firm, dense, and tart. Similar to Granny Smith. Very good for cooking.
Pristine	August	M7	Y	Crisp, very sweet yellow apples are excellent for fresh eating and baking. One of the easiest early apples for home orchards.
Red Baron	Late September	Standard		Very hardy and productive old variety, quick to start bearing. Medium yellow red fruit are sweet and mild, good for fresh eating, pies, and sauce. Somewhat resistant to scab and fireblight.
Red Duchess	August-September	Standard		Tart and juicy large red fruit are good for fresh eating but best for pies and sauce. Bears abundantly.
Redree	August	M7	Y	A bright red, early season apple. Highly resistant to scab, and other major apple diseases. Tasty, dessert quality. Firm white-fleshed fruits store well for an early apple.

APPLE VARIETIES *(continued)*

Variety	Season	Rootstock	D.R.	Description
Roxbury Russet	Late September - October	M7	Y	Perhaps the oldest American apple variety. Medium to small fruit have crisp, coarse flesh with very sweet, pleasant tartness. Excellent for hard cider. Resistant to scab. Stores well.
Rubinette	Late September	G30		Medium to small, red striped orange fruit with a superb, sparkling, sweet, and sharp flavor. Slow growing and susceptible to scab.
Snowsweet	September	Standard and M7		Lovely red fruit with a delicious sweet, slightly tart taste. White flesh is slow to oxidize. Some resistance to scab and fireblight.
Sweet Sixteen	Late September	Standard and B9		A red striped apple with excellent unusual flavor "like cherry candy". Resistant to fireblight and somewhat resistant to scab.
Wealthy Apple	September	Standard and M7		Excellent multi-purpose apple. Crisp Sweet and tart, somewhat resistant to scab. Quick to start bearing often in 1-2 years. Prolific old variety.
Williams Pride	Late August-Early September	M7	Y	A bright red apple with a spicy full flavor. The medium to large fruit are immune to scab.
Wolf River Apple	September	Standard	Y	An old variety once very popular around central Vermont. Large fruit excellent for cooking and drying. Resistant to scab. Develops a distinctive weeping form.
Yellow Transparent	Early August	Standard	Y	The first apples of the year. A very hardy old variety with good resistance to scab. Eat fresh a few days before fully ripe, when they are crisp and tart. Ripe they become sweet and soft with transparent flesh, perhaps the best sauce apple.
Zestar!	Late August	Standard		Exceptionally sweet and flavorful new variety. Excellent for fresh eating and cooking. Stores well for an early apple. Resistant to powdery mildew and fireblight.

PLUMS *(Prunus spp.)*

Plums grow well in Central Vermont. They are beautiful flowering trees, worth planting as ornamentals. Many varieties start bearing their sweet, juicy fruit in as little as one or two years after planting. Late frosts sometimes damage spring flowers, dramatically reducing crops.

Most hardy plums are crosses between Japanese and American plums. The Toka plum or seedling American plums are the best pollinators for these varieties.

For best pollination, plant three or more varieties relatively close together (8-15 feet) to increase chances of pollination.

A few European varieties are also hardy in Vermont. These are self-fertile but will produce better with additional pollinators.

PLUM VARIETIES

	Season	Pit Type	Description
JAPANESE PLUMS			
Alderman	Late August	Clingstone	Large, bright red fruit, are soft and sweet. Excellent fresh eating and cooking. Quick to start bearing.
La Crescent	Late August	Freestone	Smallish yellow-orange plums, excellent for fresh eating and preserves. Vigorous grower.
Pipestone	Late August	Clingstone	Large red fruit with gold blush. Juicy, with excellent sweet flavor. Extremely hardy.
Superior	Late August - September	Clingstone	Medium dark red fruit, sweet juicy and excellent for fresh eating. Trees are vigorous, hardy, and heavy-bearing.
Toka	Late August	Clingstone	Medium-size red-orange fruit are very sweet with fantastic floral candy flavor. Extremely hardy. Excellent pollinator.
Waneta	Mid August	Clingstone	Large red over yellow plums are sweet and juicy. Fruit hold up slightly better after picking. Extremely Hardy.
Seedling	August-September		These vigorous seedlings often grow into thickets. A good pollinator for the grafted plums. The fruit are often small with sweet flesh and tart skin.
EUROPEAN PLUMS			
Mount Royal	Late August - September	Freestone	Purple-blue, prune type plum, tender and juicy, good for fresh eating or cooking and preserves. Handsome growth pattern. Self-fertile.
Greengage	Early September	Clingstone	Small green-yellow fruit with golden flesh are sugary-sweet and juicy.

PEARS *(Pyrus communis)*

Pears are a great fruit to grow in Central Vermont. While we are all familiar with old apple trees throughout our hills, the pears are sadly rare. Though some varieties are not well-suited to our cold climate, many are. Pear trees suffer from far fewer pests and diseases than apple trees, making it easier to grow high quality fruit.

Lets cover our hillsides with pears!

Pear trees grow similarly, to apples but typically with a more upright pattern. I recommend minimal pruning, as heavy cutting can lead to very vigorous suckering, making trees less productive and more susceptible to fireblight, which can be a problem for some pear varieties.

Pears produce little nectar, and some varieties produce very little pollen, making them poor pollinators. Plant at least two different trees for pollination; if planting a poor pollinator, plant at least three different varieties.

PEAR VARIETIES

Variety	Season	Pollination	Fireblight	Description
Early Gold	Early August	Good Pollinator		Small, golden-yellow, 1.5" fruit are tasty, good for fresh eating and preserves. A good pollinator for ure and golden spice. Very hardy. Prolific flowering.
Flemish Beauty	Late August	Self-fruitful	Susceptible	Very hardy, sweet fruits similar to seckel. The fruit are attractive and keep well. Picking time should be precise, before the fruits begin to turn yellow.
Golden Spice	September			Smallish spicy yellow pears are good for canning, cooking, and spicing. Okay for fresh eating. Extremely hardy.
Gourmet	Late September	Poor Pollinator		Medium size yellow-green fruit are sweet, crisp and juicy. Not a good pollinator.
Harrow's Delight	August		Resistant	Medium-large fruit, with red blush over yellow. Good flavor and smooth flesh.
Harrow's Sweet	Late September		Resistant	Fruits similar to bartlett with a red blush. Juicy, sweet, flavorful fruit keeps well.
Luscious	September-October	Poor Pollinator	Resistant	Hardy, exceptionally delicious pears. Sweet juicy fruits with smooth flesh. A bit smaller than bartletts. Everything I have ever wanted in a pear.

Variety	Season	Pollination	Fireblight	Description
Magness	Early September	Poor Pollinator	Resistant	Excellent sweet flavor. Smooth, juicy flesh with few grit cells Slow to begin bearing and a poor pollinator. The fruit quality makes it worth the work.
Parker	Late August	Good Pollinator	Susceptible	Large yellow-bronze fruit are tender and juicy. Fine grained. A good pollinator for Luscious. Pick before fully ripe.
Patten	September	Good Pollinator		The large fruit are very tender and juicy.
Seckel	Early October	Self-fertile	Resistant	Also known as 'sugar pears'. Firm sweet fruit are very well suited to cooking and canning. Fruit keep well, often into late December. Attractive white blossoms in the spring.
Summercrisp	Late September	Good Pollinator		Crisp juicy fruits with a mild flavor. The fruit should be harvested and eaten early while the flesh is still firm and before they begin to yellow. The fruit can store for up to two months when picked early.
Ure	Late September		Resistant	Green yellow 2" fruit are very juicy, good for eating and canning. Sturdy trees are extremely hardy.

CHERRIES AND PEACHES *(Prunus spp.)*

The hardiest cherries are considered "tart cherries" or "pie cherries", but most are worth eating fresh. They are often short-lived but very beautiful, small trees with prolific, early, spring flowers, shiny, maroon bark, and glossy foliage. Cherries prefer very well-drained soils and as close to full sun as possible.

A few **sweet cherries** are now consistently listed as zone 4 hardy, most notably Kristin and Stella. Protect from birds in order to revel in fruit.

Peach trees can be found surviving on several sites in central Vermont, and I for one am hopeful for fruit. Plant in a protected location, cold soil in spring will delay flowering and help protect them from frost damage.

Tart cherries, peaches, and some sweet cherries are self fertile. All will probably produce more and larger fruit with a different pollinator.

We cannot guarantee the winter hardiness of peaches or sweet cherries.

CHERRY AND PEACH VARIETIES

	Season	Pollination	Description
PIE CHERRIES			
Evans Bali	August	Self-fertile	Fruits in August, very late for a cherry, often making it easier to get to the fruits before the birds. Very hardy. Sweet for a tart cherry, excellent for fresh eating and baking.
Mesabi	July	Self-fertile	Trees grow only to about 12 feet and produce fruit about halfway between a sweet and tart cherry.
Meteor	July	Self-fertile	A hardy cherry good for eating right off the tree. Sweet for a tart cherry. Also good for pies and freezing. A natural dwarf.
Montmorency	July	Self-fertile	Large, tart, red fruit. Excellent for pie or preserves. Vigorous and productive.
SWEET CHERRIES			
Black Gold	July	Self-fertile	Glossy dark skin and red flesh. Late blooming to avoid frosts. Disease and crack resistant.
Kristin	Early July	Pollinator needed	Perhaps the most promising of the cold-hardy sweet cherries. Dark red large sweet fruit. Productive trees.
Lapin	Late July - August	Self-fertile	Deep dark red, sweet fruits. One of the sweetest and juiciest. Great for baking and cooking.
Stella	Late July	Self-fertile	Hardy wood and more tender fruit buds. Vigorous tree and heavy producer of sweet heart-shaped black fruit.
PEACHES			
PF24C	August-September	Self-fertile	A new, reportedly hardy peach. Late flowering, with excellent fruit quality. Good success in the Champlain Valley.
Reliance	August	Self-fertile	Developed by Irwin Meader in NH. Reputedly the hardiest peach variety. Large crops of sweet, soft, juicy awesome peaches.

APRICOTS *(Prunus armeniaca)*

Hardy and attractive trees covered in white flowers early spring. Flowers are prone to frost damage, making cropping irregular. Trees are self fertile but fruit set is improved with a pollinator.

Pioneer: Sweet, firm, juicy fruit have and edible and nutritious pit high in vitamin B17. Late blooming.

Scout: Very hardy tree, produces gold-red fruit very good for cooking and canning.

NORTHROP MULBERRY

(Morus rubra) Like a blackberry tree. Mulberry trees produce huge crops of sweet black berries. Uncommon in Vermont. This is the hardiest variety. It may suffer some winter damage, but given a little protection will grow into a productive tree. The Northrop Mulberry is self-fertile.

NUT TREES

Nuts provide essential food for a wide range of mammal and bird species and are an incredibly resilient source for high quality fat and protein. The natural range of nut trees (particularly those most useful) followed settlement of the indigenous people in the Northeast; it is in our nature to spread nut trees. We offer a wide range of nut trees well suited to Central Vermont.

Currently many of the local beech and butternut trees are dying from disease and the Vermont landscape is losing a vital source of nutrition for many species.

Animals are beginning to move nut trees (mostly red oaks, though some white oak and hickory) deeper into our northern forests. However their capacities and ranges are limited. Thanks to the work of breeders and backyard gardeners (as well as the somewhat more mild winters of the past few years), there are a variety of nut trees we can plant to enrich our local ecology.

Many nut trees are tap-rooted, making it very difficult to transplant large trees (however small trees are inexpensive and transplant easily). Many species do not grow well in pots and so are best transplanted directly from growing beds in the early spring or late fall. Nut trees may grow slowly for several years and take off once the taproot is established. Most nut trees also produce high quality timber, and may be coppice managed. Give a tree plenty of space and you will never regret planting a nut tree.

AMERICAN CHESTNUT

(Castenea dentata) American chestnuts were once the dominant forest tree east of the Mississippi. In 1904 the chestnut blight arrived from China and within 20 years a combination of disease and preemptive logging caused the tree to nearly go extinct. However, small and large scale breeders all over the country have been working to bring back the American chestnut. Today we have hybrids available that contain some genetics from Chinese chestnuts but exhibit the characteristic traits of the American parents. Chestnuts are sweet and nutritious. They store well and may be eaten raw or cooked. Chestnuts are easy to harvest and process, and can be of tremendous value to wildlife. No species has adequately filled the gap left by the American chestnut; its return is a blessing on the land.

Chestnuts harvested in Plainfield, VT!

American x: Robust trees from diverse parentage. An excellent choice for bringing back the American chestnut.

John Wires' x: Sprouted nuts from trees growing in Plainfield. Lovely tree, with straight American chestnut growth pattern. Parent trees from one of the early crosses with the Chinese chestnut selected for disease resistance. One parent is likely pure American. Disease resistance is uncertain.

Layeroka x: Large attractive nuts, can be quicker to start bearing. More Chinese-type genetics, hardy to -25 degrees.

BLACK WALNUT *(Juglans Nigra)*

These beautiful trees are cherished for their high-quality timber. Walnuts make beautiful yard trees but are not commonly planted due a long taproot, which makes large trees very difficult to transplant. Once the taproot is established trees can grow quickly. The rich, oily nuts are high in protein and are appreciated by people and wildlife alike. Nut production begins in 6 - 12 years.

HAZELNUT FILBERT HYBRIDS *(Corylus X)*

Productive European species have been crossed with the more hardy and disease-resistant American hazels to create filazels or hazelberts. These suckering shrubs begin to produce sweet oil rich nuts in 4 - 6 years. They are an excellent species for hedges and wind breaks,.Plant at least two 4' - 10' apart for pollination.

KOREAN NUT PINE *(Pinus Koraiensis)*

Many commercial pine nuts come from Korean pines. The trees look similar to white pines but have a slower-growing and more graceful spreading habit. They can produce nuts in 6 - 10 years. Plant more than one for pollination. Nut pines need well drained, fungally dominated soils. Inoculation with pine forest soil mycorrhizae may improve growth.

OAKS *(Quercus spp.)* A wide range of oaks thrive in Central Vermont. Acorns require a bit of processing before they are good for human consumption, but they are a fantastic food for all sorts of wildlife. Oaks are adaptable to a wide range of soils and become large stately trees.

Swamp White Oak: *(Quercus bicolor)* A hardy white oak species tolerant of wet soils. Fast growing for a white oak, some specimens reaching 80'.

Red Oak: *(Quercus rubra)* Red oaks seem to be popping up all over Central Vermont as birds and rodents move them up river corridors. They are fast growing and hardy.

Burgambel Oak: *(Quercus macrocarpa x gambelli)* A hybrid oak selected for rapid growth and heavy nut production. Nuts are sweet for acorns.

Growing Nut Trees From Seed:

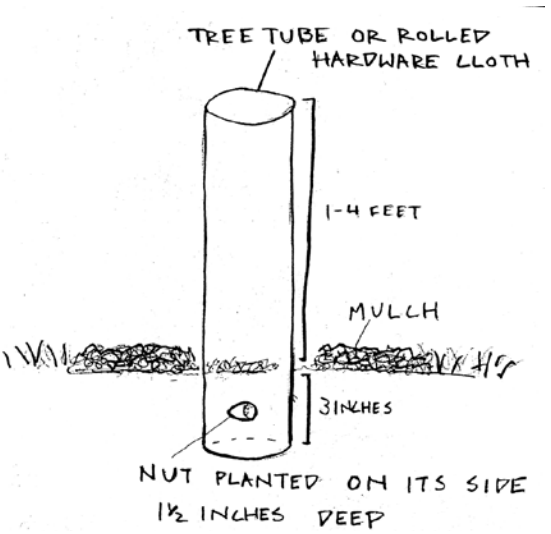
Propagating nut trees from seed is a a great idea and easy enough with some basic information.

1. **Collect fresh ripe nuts** in the fall, not dry old nuts. Select the best-looking nuts with no obvious signs of damage. Remove any soft hulls. Try: acorns, chestnuts, hickory nuts, walnuts, butternuts, hazelnuts, pecans...

2. **Cold stratify** the nuts for at least two months. A period of cold is necessary for most nuts to germinate. In the ground over winter or in the fridge both work well.

3. Plant nuts in a fertile bed or in a permanent location and **protect from rodents**. Rodents will dig up and destroy nuts even after germination. Protect with pots, tree-tubes, hardware cloth...

4. Weed and mulch the seedlings. Transplant within two years of germination if necessary.



One strategy for planting a nut.

SMALL FRUITS

We can grow a tremendous variety of berries here in the Winooski Valley. They are highly nutritious and delicious. They can fit in small yards or on the edge of the orchard. There is a plant for nearly any set of growing conditions. Berries benefit both people and wild life. Birds can be a nuisance, the best solution is often to plant more berries. Established berry plants are beautiful and with very little maintenance can be highly productive.

BLUEBERRIES *(Vaccinium spp.)*

A delicious and much-loved North American native, blueberries are worth planting by the dozen. Everyone and their grandparents should have put in a blueberry hedge 15 years ago. The least we can do is plant one today.

Blueberries need a highly acidic soil (PH 4.5 - 5.5) and prefer a well drained site with good fungal activity in the soil. Amend soil with sulfur, peat moss, compost and mulch. Though they will tolerate some shade, fruit production improves dramatically with full sun. Blueberries are somewhat self-fertile but fruit are larger and more abundant with a few different varieties.

Variety	Season	Berry size	Description
Bluecrop	August	Large	Excellent all around variety, consistent yields, disease resistance, and high quality medium-large fruit. Sweet fruits ripen over a long period. Excellent flavor, great fresh or frozen.
Blueray	August	Large	Large berries with excellent flavor, consistent producer. Great ornamental qualities.
Elliot	September-October	Medium	A late season variety, producing fruit into October. Be sure to pick fully ripe fruit for best flavor. Plants are upright and vigorous.
Jersey	August - September	Medium	One of the oldest blueberry varieties. Easy-to-grow, producing heavy crops of very sweet fruit. Very good for baking. Excellent for home gardeners.
Northland	August	Medium	A highly productive half-high variety with smaller berries. Very hardy. Fruit ripens early. Spreading, suckering growth pattern.
Patriot	July - August	Very large	Excellent flavor on an open vigorous plant. Slightly flat berries. Fruit early in the season.

A Multifunctional Edible Hedge?

Try hazelnut, seaberry, buffaloberry, nanking cherry, and peashrub. If deer are not a big problem, try American plum, elderberry, serviceberry, and aronia.

HARDY KIWIS *(Actinidia spp.)*

These woody vines produce magically delicious small (1" diameter), smooth-skinned kiwiberries. Hailed as a "superfood", it is a good source for over 20 vitamins and minerals including in potassium and vitamins C and E. Often used as an ornamental because of the lustrous foliage. Reportedly grows over 100' in native China. Can be grown on an arbor, trellis, porch, or standing dead. **Male and female plants are required for fruit.**

Two different species are available, the hardy kiwi *(actinidia arguta)* which are hardy to -25 degrees, and the arctic kiwi *(actinidia kolomikta)* which is hardy to -40 dgrees. The arctic kiwi is slightly less vigorous and slightly less productive, though the fruits are still very delicious. It is the variety more often selected for its ornamental qualities.

HARDY KIWIS:

Anna: Probably the most popular variety, good production and great fruity flavor.

Geneva: Hardy plant and prolific producer. Bears late in the season.

MSU: A new variety which produces larger fruit (also delicious).

Meader Male: Needed for pollination.

ARCTIC KIWIS:

September Sun Female: Large, tasty fruit ripen in late September.

Arctic Beauty Male: This is the male pollinator for the female red beauty. It is often planted as an ornamental vine for its attractive variegated foliage, which has splashes of white and pink.

RASPBERRIES *(Rubus idaes)*

Raspberries are quick to start bearing (usually the year after planting) and highly productive. They sucker profusely, making it easy to expand a patch. Remove dead canes in the fall to keep the patch healthy.

Jaclyn: A fall-bearing (primocane) variety, well-suited to Central Vermont. Firm berries with excellent flavor. Cut all canes in early winter for a fall crop or leave live canes for an early summer crop and a smaller fall crop.

Taylor: Perhaps the best flavored raspberry. Vigorous, productive canes yield long, firm berries in August.

JUNEBERRIES *(Amelanchier sp.)*

Also know as serviceberry, saskatoon, or shadbush, this native berry-producing shrub is rapidly gaining popularity as a landscape plant and can be seen in plantings throughout downtown Montpelier. It has some of the earliest spring flowers (before most other trees have leafed out), beautiful fall color, and early summer berries. The delicious berries (the flavor varies from apple to blueberry to almond), enjoyed by people and wildlife alike. The fruit is now under commercial production in Canada. Selected strains for higher quality fruit set are available. We offer shrub varieties. The plants are adaptable to a wide range of sites but do not like wet soils.

Regent Juneberry: A Good flowering and fruiting from of service berry. Grows to 4-8 feet.

Seedlings: Flower and fruit less consistently, excellent for wildlife. Grows 6-12 feet.

SEABERRIES *(Hippophae Rhamnoides)*

This spiny, nitrogen-fixing shrub species is native to northern Europe and Asia. Prized for its remarkable nutritional value, the berries are used for a variety of medicines,

cosmetics, and nutritional supplements. Colorful orange berries and silvery foliage make for an attractive hedge. **Male and female plants are needed for fruit set.** Prefers drier sites and full sun. Plants grow 8-12 feet tall.

Askola: Juicy berries exceptionally high in Vitamin C and E.

Botanica: From Moscow. Produces abundant large, richly flavored fruit.

Golden Sweet: Medium-size shrub with large Sweet Fruit.

Hergo: Abundant crops of flavorful orange berries cover the branches of this popular variety.

Radiant: Bred in Siberia. Large, juicy fruit particularly high in vitamin C.

Sunny: Slightly smaller and less vigourous. Produces excellent crops of tasty, sweet fruit. Good for fresh eating.

Male Sea Berry: An excellent flowering male pollinator for the female sea berry varieties. One male can pollinate several female plants.

HONEYBERRIES *(Lonicera caerula var. edulis)*

Long valued in its native Eastern Siberia. This member of the honeysuckle family produces tasty, elongated blue berries, similar to wild blueberries. Very hardy with few disease or pest problems. One of the first berries to ripen in the summer. Two different varieties are needed for pollination. Plants grow 4-6' tall.

Blue Bird: Slightly more upright growth pattern, bears large, long, tasty berries.

Blue Lightening: Early ripening, bears good crops of sweet-tart berries.

CURRANTS AND GOOSEBERRES *(Ribes spp.)*

Currants and gooseberries have long been popular in Europe, but following attempts at eradication due to fears of the white pine blister rust they are hardly known here in the US. They can be found throughout the woods in Vermont. Many named varieties have been chosen for high fruit quality. The low shrubs produce clusters of delicious, sweet-tart fruits which are high in pectin thus excellent for preserves.

One of the only berries that will produce a crop in the shade, ribes thrive in cooler spots, near trees or protected from afternoon sun. They like fertile soils rich in organic matter. Plants are self-fertile, but may produce better crops with a pollinator.

RED CURRANTS *(Ribes rubrum)*

Cherry Red: Tart red currant, excellent for jams and preserves. Very hardy and very productive. Resistant to disease and can be used as an edible ornamental.

Red Lake: A highly productive red currant. Excellent for jellies, pies, and fresh eating. Highly resistant to white pine blister rust.

BLACK CURRANTS *(Ribes nigrum)*

Black September: Easy to grow, with large, flavorful, black berries.

Consort: Immune to white pine blister rust. Very hardy, reliable produceer of flavorful fruit.

Crandall *(Ribes odoratum)***:** Sweeter than most black currants with less of the black currant spice. A burst of very early

small yellow flowers have an exciting clove-like fragrance. Good ornamental value.

Slitsa Black Currant: Disease resistant, sweet and flavorful. This variety ripens relatively early.

GOOSEBERRIES *(Ribes uva-crispa)*

Captivator: Nearly thornless, canadian variety, produces medium to large sweet red fruit.

Hinnomaki Red: Bears large, sweet dark red fruit. Skin is tangy and the flesh is sweet. Good resistance to mildew.

Invicta Gooseberry: Produces huge amounts of very large deliciously sweet pale green fruit. Bush is spreading. I recommend this variety very highly.

Jahn's Prairie Gooseberry: A highly disease resistant variety. Produces large crops of flavorful red-pink berries.

Pixwell Gooseberry: Produces large, long-stemmed, green berries that turn pink when ripe. Almost thorn free. great for pies and preserves.

Poorman: Old American variety (1888), produces large fruit excellent for pies or jam. Ripens to red-brown.

Jostaberry: An unusual cross between black currant and gooseberry bears very large sweet tart berries with excellent flavor.

ELDERBERRIES *(Sambucus canadensis)*

Elderberry is rapidly gaining popularity for its edible and medicinal qualities. Shrubs are of high value to wildlife and pollinators. The following selected varieties have improved flavor and fruit set. Plants should begin to produce two years after planting. They thrive on moist (not saturated), fertile sites with good sun. Plant two varieties for best fruit set.

Adams: Selected for good yields of large fruit produced in large clusters.

Johns: High yields of sweet tangy berries.

Nova: Ripens earlier than York. Large, sweet, blue fruit.

York: Juicy, sweet, purple black berries. Very high yields. Lower medicinal sambucens content.

Unnamed varieties from local sources: We also have our own rooted elderberry cuttings from high performing local plants.

Guincho Purple *(sambucus nigra)*: A striking, purple-leaved European elderberry with pink-tinted flowers. Still produces useful shiny black berries.

BLACK CHOKEBERRIES

(Aronia melanocarpa) Shrub grows to about 6' with white flowers blooming in May, followed by large edible dark purple berries. Very high in iron and antioxidants.

Autumn Magic: Selected for its ornamental qualities Leaves are dark green through the summer, with brilliant reds and purples in the fall.Consider as an alternative to burning bush.

Viking: Vigorous and productive, popular for commercial fruit production in Europe. Best tasting fruit.

NANKING CHERRIES *(Prunus tomentosa)*

Hardy rugged shrub, flowers early spring, and produces a crop of delicious, sweet-tart, red cherries. Great for fresh eating. Great plant for wildlife. Flowers are susceptible to frost damage.

SILVER BUFFALOBERRIES

(Shepherdia argentea) This nitrogen-fixing shrub grows 5-6' and produces a sweet-tart berry long eaten by the natives of the great plains in pemmican. The red to yellow fruit is highly nutritious. Male and female plants are required for fruit (available plants are unsexed). Good for hedges.

USEFUL AND ORNAMENTAL SPECIES

We offer a selection of ornamental and useful species selected for ease of maintenance and appropriateness for our climate.

SIBERIAN PEASHRUB

(Caragana arborescens) This rugged, nitrogen fixing shrub also provides high-protein fodder for chickens in the form of its small peas. Plant several to form a hedge. Attractive fine foliage, lovely yellow flowers in May.

RED-TWIG DOGWOOD

(Cornus sericea) Lovely red dogwood stems are one of the most attractive things found in any Vermont garden come November. Easy to grow, with white flowers in spring, dark green foliage and berries for birds in the fall.

NORTHERN GOLD FORSYTHIA *(Forsythia)*

Outstanding golden yellow flowers, on an upright plant growing to 6-8 feet. Hardy.

PINK DIAMOND HYDRANGEA *(Hydrangea paniculata)*

Upright, rounded, hardy hydrangea. Flowers open in late summer with a rich cream color and gradually turn a shade of pink.

FLOWERING CRAB APPLES *(Malus spp.)*

Spring flowers, lustrous foliage, and colorful fruit that persists through the winter providing food for birds all together make for a plant that provides year round interest, a big plus in a landscape with only three months of summer. They are structurally interesting as well, their spreading branch pattern will reach a mature height of around 20 feet, making it a great tree to plant close to a house or in a yard. These selections are also resistant to a range of diseases that often affect crab apples, making them easy to grow.

Donald Wyman Crab: Rounded form with prolific white flowers and dark red fruit that persist into winter. Glossy dark green foliage resists disease.

Prairie Fire Crab: Dark purple-red flowers arriving in late spring. The shiny, dark red bark and persistent maroon fruits make this an exceptionally attractive tree for the many cold months when the leaves are off.

Snowdrift Crab: A hardy low maintenance crab. Pink flower buds erupt into an explosion of white. Glossy red orange fruit persist into winter.

BLACK LOCUST *(Robinia pseudoacacia)*

A loved and loathed nitrogen-fixing early succession tree. Excellent for shifting

old-field to forest, or replanting recently cleared areas. In addition to being edible, the sweet aromatic flowers in the spring provide an excellent pollen source. Black Locusts have been planted around homes to draw lightning away from structures. This species is vigorous and fast growing, it can also send up shoots into surrounding areas from its roots.

RUGOSA ROSE *(Rosa rugosa)*

A hardy vigorous rose, which forms thickets, providing excellent habitat for birds. The pink flowers, which bloom for months, are an excellent pollen source. The hips are an excellent food source for wildlife. White and pink flowering varieties available.

LILACS *(Syringa vulgaris)*

A much loved part of the New England landscape. These two varieties are selected for outstanding blooms and vigor.

Beauty of Moscow: Stunning in bloom with very fragrant pink double flowers. Form is slightly compact.

Monge: Showy red-purple florets on long stems, excellent for cut flowers.

BASSWOOD *(Tilia americana)* An

uncommon multistemmed native tree, beloved by all the creatures of the forest. Itis often found in healthy hardwood forets and sugarbushes or along ancient stonewalls. The center of larger trees rots out creating a home for porcupines, honeybees, chickadees and many others. The flowers provide an abundance of nectar and are the essential source of propolis for honeybees. The tender early spring leaves make a pleasant salad green and the wood is perfect for carving.

NOTES:

NOTES:

PLANTING DIRECTIONS

There are many theories regarding the best ways to plant. We recommend adding compost or other fertilizers on the soil surface, except in cases of very poor soils.

Here is our advice:

1. If possible, transplant in cool damp weather. Early in the morning, in the evening, or in a light rain are great times.

2. Dig a hole at least twice as wide and approximately as deep as the pot the plant is in. Roughen the sides of the hole thoroughly to allow roots to penetrate.

3. Remove the plant from the pot and roughen the edges of the root-ball, spreading any circling roots.

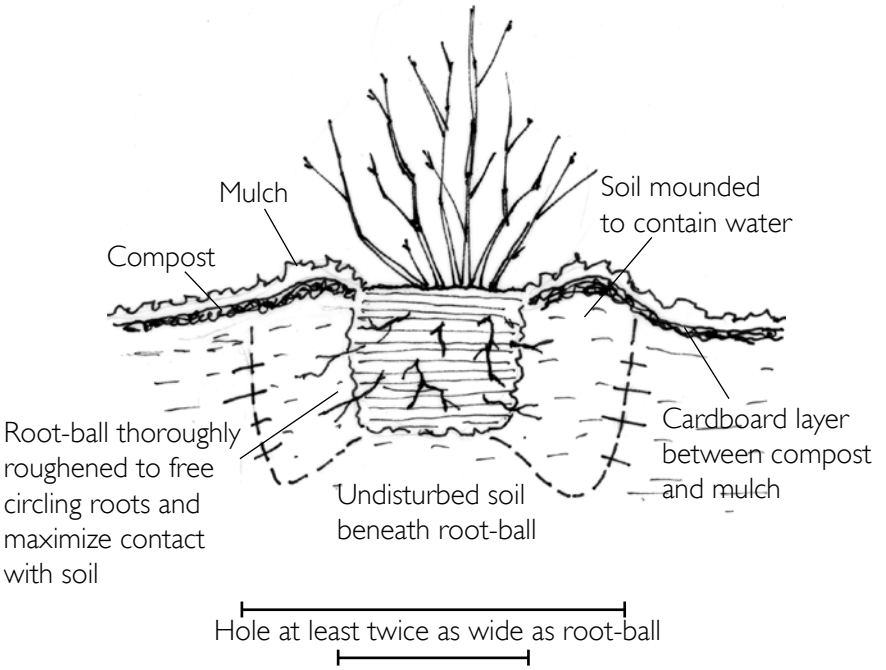
4. Place the plant in the hole, and refill it with the same soil that came out of the hole, adding any rock minerals or soil amendments. Make sure that there are no air pockets around the root ball. Pack the soil firmly with your hands. **The potting soil or the base of the plant should be level or slightly above the surrounding grade.** In heavier soils, planting slightly high will help to ensure the crown of the plant has adequate drainage. Remove the sod or place it upside down beyond the edge of the hole to help contain water.

5. **Water thoroughly**. Soak the planting hole before, during, and after planting. Water is essential for successful transplanting.

6. Add compost and **mulch heavily.** Mulch can be used to form a dish to direct water to the plant. Keep mulch a few inches away from the base of the plant to avoid any rot. 2-4 inches of wood chips, bark mulch, leaves, or most other organic material will help tremendously to hold moisture, discourage weeds, and encourage healthy soil life. A layer of newspaper or cardboard underneath the mulch can effectively block weeds for a season.

Water for the first season if the soil around the plant feels at all dry. Feed in the late fall or spring with compost, manure, or other organic fertilizer. **Protect young plants from deer and rodents.**

PLANTING DIAGRAM



Additional Notes:

Please feel free to contact us with any questions.

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East Hill Tree Farm

East Hill Tree Farm provides the resources to empower and enable communities in the Winooski Valley to reestablish the garden of Eden.

Nursery

East Hill Tree Farm offers a wide range of fruit trees, seedling nut trees, and berries. We manage organically and grow our plants in living soil. We strive to garden like the forest, endeavoring not to plant single trees, but to establish whole ecologies.

We want you to succeed! We are happy to take the time to answer any questions you may have in order to ensure the success of your plantings. We sell rock minerals and fertilizers as well as screen and fencing to protect your trees from deer and rodents.

Edible Landscaping Services

We provide a range of services, from consultation to complete design and installation with ongoing seasonal maintenance. We understand that client participation is essential to the success of any design. We will work with you to determine what is appropriate for you and your site, as well as provide information and education for future management.

We recognize that humans are an integral part of nature working, and strive to engage our environment, enhancing the physical and spiritual vitality of the landscape and its inhabitants.

Bless up the Earth.