



Cavanagh Center Food Forest Harvest Guide

The Cavanagh Food Forest at the Petaluma Cavanagh Center is designed to be a space for the community to gather and learn, while being able to enjoy the food that is produced. We encourage community members to harvest the food for cooking, baking, medicinal purposes, or flower arrangements.

This site is an organic no spray garden and the food is safe to consume!









Happy Harvesting!

Reminders and Considerations:

- Please only harvest when ripe and appropriate.
- Do not over harvest, share the yield. Only take what you and your family will use and be mindful of other urban foragers.
- Do not harm any plants while harvesting. Refrain from breaking branches or stepping on plants.

CAVANAGH CENTER GARDEN HARVESTING GUIDE

Plant	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Apricot												
Asian Pear												
Bartlett Pear												
Chilean Guava												
Chokeberry												
Comfrey												
Elderberry												
Fig												
Golden Currant												
Lemon Balm												
Liberty Apple												
Nasturtium												
Pippin Apple												

Plant	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Pineapple Guava												
Pomegranate												
Saturn Peach												
Spitzenberg Apple												
Yarrow												

Edible Plants



Chinese Apricot (*Prunus armeniaca*)

Renowned for its delectable fruit and ornamental charm. The fruits are small to medium-sized, with a smooth, velvety skin ranging in color from golden yellow to a blush of orange. They encase a single, smooth seed. The fruit boasts a sweet, tangy flavor profile.

Harvesting typically occurs during the summer months, from late May to early August.

Recipes and Uses:

Eaten raw or made into; syrup, jams, baked goods,



Asian Pear (*Pyrus pyrifolia*)

Prized for its round, apple-like fruits with smooth, thin skin ranging from pale yellow to golden brown. Known for their crisp, juicy texture and sweet flavor, they're typically harvested from late summer to early autumn, around late July to September, when they reach full color and firmness.

Recipes and Uses:

Eaten raw/fresh, jams, sweets/baked goods, in salads,



Bartlett Pear (*Pyrus communis* 'Williams')

This tree bears a distinctive bell shape with smooth, green skin that turns to a golden yellow hue upon ripening. Renowned for its juicy and sweet flavor, Bartlett pears are best harvested in late summer to early autumn, typically from August to September, when they attain their characteristic color and yield slightly to gentle pressure.

Recipes and Uses:

Eaten Raw/fresh, poached pears, baked goods and sweets



Chilean Guava (*Ugni molinae*)

Celebrated for its small, flavorful berries and evergreen foliage. Its berries are petite, ranging from deep red to purple when ripe, encapsulating a sweet-tart flavor reminiscent of strawberries and cranberries with hints of spice. Harvest when the berries are plump, juicy, and at their peak ripeness.

Recipes and Uses:

Eaten raw/fresh, candied, baked goods, jams, jellies



Chokeberry (*Aronia melanocarpa*)

This tree boasts clusters of small, dark berries that ripen to a deep purplish-black hue. Known for their tart flavor with subtle notes of sweetness, Chokeberries are harvested in late summer to early autumn, when they are fully ripe and easily detach from the stem.

Recipes and Uses:

Juice, syrup, eaten fresh, clothing dye, sweets



Comfrey (*Symphytum officinale*)

Recognized for its robust growth and medicinal properties. Its lance-shaped leaves are hairy and rough, while its bell-shaped flowers bloom in hues ranging from pink to purple. Comfrey's roots are particularly prized for their healing properties. Harvesting is often done in early to mid-summer, typically from May to July, before the plant flowers, to maximize the concentration of beneficial compounds like allantoin and rosmarinic acid.

Recipes and Uses:

Healing ointment (for aches and pains), handcream or salves, comfrey butter, oil, cooking; comfrey ratatouille, fritters,



Elderberry (*Sambucus nigra ssp. canadensis*)

Produces clusters of small, dark purple to black berries. These berries are rich in antioxidants and have a tart flavor when raw, making them ideal for jams, syrups, and wines. Harvesting typically occurs in late summer to early autumn. The flowers of the elderberry plant are also harvested in spring and early summer for culinary and medicinal purposes. It is not recommended to eat berries raw, but rather to cook and process before consuming.

Recipes and Uses:

Jams, juice, tinctures, chutneys, pies, and wine



Fig – Black Mission (*Ficus carica*)

Esteemed for its sweet, jam-like flesh and dark purple-black skin. Its distinctive teardrop shape and rich flavor make it a favorite for fresh eating, baking, and drying. Harvesting when the fruits are soft to the touch and easily detach from the tree. Figs are best enjoyed when fully ripe, offering a luscious texture and intense sweetness.

Recipes and Uses:

Delicious raw or cooked. Jams, jellies, sweets, or served on a cheese plate



Golden Currant (*Ribes aureum*)

These berries have a sweet-tart flavor and are often used in jams, jellies, and desserts. Harvesting typically occurs in mid to late summer, around July to August, when the berries are fully ripe and easily detach from the stem.

Recipes and Uses:

Jams, jellies, chutney, sweets, baked goods,



Lemon Balm (*Melissa officinalis*)

Produces a vibrant lemon scent with calming properties. Its bright green, serrated leaves emit a refreshing citrus aroma when crushed, making it a popular choice for herbal teas, culinary dishes, and aromatherapy. Harvesting can be done throughout the growing season, typically from spring to early autumn, as the leaves reach their peak flavor and aroma. Regular harvesting encourages new growth and ensures a steady supply of fresh lemon balm leaves for various uses.

Recipes and Uses:

Essential oil, tea, dried, pesto, salads,



Liberty Apple (*Clinopodium douglasii*)

With a bright red skin overlaid with golden hues, Liberty apples offer a balanced blend of sweetness and tartness, making them ideal for fresh eating and cooking. Harvesting typically occurs in mid to late autumn, around September to October, when the apples are fully ripe and easily detach from the tree with a gentle twist.

Recipes and Uses:

Eaten raw/fresh, baked goods, jams, butter, apple sauce



Nasturtium (*Tropaeolum majus*)

Nasturtium come in a range of colors, including shades of red, orange, and yellow, adding a pop of color to salads and garnishes. Both the flowers and leaves are edible, offering a spicy, peppery flavor. Harvesting can be done throughout the growing season, typically from spring to early autumn, as the plant produces an abundance of blooms. Regular harvesting encourages continued flowering.

Recipes and Uses:

In salads, as a garnish,



Pippin Apple (*Tropaeolum majus*)

A classic American variety with historical significance; renowned for its firm texture and sweet-tart flavor. With a green to yellowish skin, often with a reddish blush, Pippin apples are excellent for both fresh eating and cooking.

Recipes and Uses:

Pies, ciders, baked goods,



Pineapple Guava (*Acca sellowiana*)

This Mediterranean tree produces edible flowers, sweet like cotton candy, and oblong gray-green fruit. They are ripe when they fall onto the ground. Many folks put tarps out around the base and lightly shake the branches to harvest. The fruit have a slight grainy and tangy taste. No need to peel.

Recipes and Uses:

Pulp can be scooped out for juices, eaten fresh, sweets smoothies, sorbet



Pomegranate (*Sambucus nigra 'Eva' Black Lace*)

This tree produces a deep red colored fruit. Pomegranates do not continue to ripen post-harvest, so it is of utmost importance to wait till they are fully ready. With a hard shell, it can be difficult to determine when it's ripe. Ripe pomegranates are not shaped like perfect spheres, but should have sides slightly flattened. Pomegranates shift from being smooth and hard to slightly rough and softer as they ripen. Skin on ripe fruits should be easy to scratch with a fingernail. While the pomegranates don't ripen after picked, the arils (seeds) will, and can become sweeter. Pomegranates are known to mold easily after opening.

Recipes and Uses:

Juice, salads, cocktails, helps prevent high blood pressure and cholesterol, wine, tea



Saturn Peach (*Prunus persica var. platycarpa*)

Also known as a Donut Peach or Flat Peach, is recognized for its unique flattened shape and sweet, juicy flavor. With a pale yellow to blush-colored skin, often tinged with red, Saturn peaches offer a delightful combination of sweetness and acidity.

Recipes and Uses:

Eaten Raw/fresh, jams, sorbet, baked good, in salads,



Spitzenberg Apple (*Esopus Spitzenberg*)

With a red-orange skin often marked with russeting, Spitzenberg apples offer a harmonious balance of sweet and tart flavors, coupled with hints of spice and floral notes. Harvesting usually takes place in mid to late autumn, around September to November, when the apples are fully ripe and easily detach from the tree with a gentle twist. Renowned for its rich history and culinary versatility, the Spitzenberg apple is cherished for fresh eating, baking, and cider making.

Recipes and Uses:

Eaten raw/fresh, apple cake, baked goods, in cocktails, candied



Yarrow (*Achillea millefolium*)

Yarrow flowers can be harvested throughout the Summer, at height of flowering. The flowers, and leaves, should be picked on a sunny day after the dew has evaporated.

Recipes and Uses:

Essential oil, tea, dried, for inflammation, sleep aid, on rashes, skin, tincture, oil, wound powder or salve