



Petaluma Regional Library

Living Learning Landscape Harvest Guide

The Living Learning Garden at the Petaluma Regional Library 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.

PETALUMA LIBRARY GARDEN HARVESTING GUIDE

Plant	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Elderberry												
Fig (Green)												
Goumi Berry												
Japanese Persimmon												
Lavender												
Pakistani Mulberry												
Pineapple Guava												
Pomegranate												
Rosemary												
Yarrow												
Yerba Buena												

Edible Plants



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

A flowering tree that produces cream-pink flowers in spring followed by blackish red berries. The berries have many culinary uses and medical benefits. Berries can be harvested during Summer. It is not recommended to eat berries raw, but rather to cook and process before consuming.

Recipes and Uses:

Teas, Tinctures, Dried berries, Syrup, Jams and Jellies



Fig – green (*Ficus carica* 'Kadota')

This small tree produces medium greenish-yellow fruit. The fruit have a sweet taste. While not as jammy as a mission or brown turkey fig, Kadota figs are still good for preserving and drying.

Recipes and Uses:

Eaten raw/fresh. jams. sweets. in salads. with cheese and honey



Goumi Berry (*Elaeagnus multiflora* 'red gem')

This attractive flowering shrub produces unique, small, bright red berries. The fragrant flowers bloom in April and May followed by the candy-like berries high in Vitamin A, C, E, fatty acids, and antioxidants.

Recipes and Uses:

Delicious raw or cooked into jams jellies, and sweet tarts



Japanese Fuyu Persimmon (*Diospyros kaki* 'Fuyu')

These Persimmons usually ripen after the first frost. Color varies from yellow-orange to dark orange-red. They should naturally drop when ripe; store at room temp till ripe otherwise. It is best to use a shallow tray especially if your fruit is very soft. The fruit cannot handle a lot of weight and you may end up crushing the ones on the bottom.

Recipes and Uses:

Grab-n-go snack, salads, salsa, sweets, in bread, on a cheese



French Lavender (*Lavandula dentata*)

These shrubs produce beautiful purple flowers and can have multiple blooms a year (especially in a warm, frost-free climate and if pruned). French is not as fragrant as English Lavender so not as great for culinary purposes but still have many other uses.

Recipes and Uses:

Flower arrangements, dried, lavender oil, cleaning, anti-septic and anti-inflammatory purposes - sunburns, insect bites



Pakistani Mulberry (*Morus nigra*)

This tree not only produces shade but also flavorful soft-fleshed fruit. This tree grows abundantly. The berries, purple when ripe, look similar to a blackberry however longer in length. Mulberries are delicious, sweet, and sure to stain fingers and clothes.

Recipes and Uses:

Juice, syrup, eaten fresh, clothing dye, sweets



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



Rosemary (*Salvia rosmarinus*)

This fragrant, evergreen shrub produces beautiful and fragrant sprigs. The branches have needle like leaves with light purple flowers at the end. The rosemary sprigs have a plethora of culinary and medicinal uses.

Recipes and Uses:

Medicinal benefits. Cooking. Soaps, cleaning, baking (antibacterial, antifungal, antiseptic), floral arrangements, tea



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



Yerba Buena (*Clinopodium douglasii*)

This evergreen ground cover is a member of the Mint family, therefore has a minty flavor to its leaves. This aromatic herb can be harvested year-round.

Recipes and Uses:

Tea, tinctures, salads, cooking, cocktails