Farm to Table Plant List

# 🌿 Native Perennials (Ontario)

* Yarrow — \*Achillea millefolium\*
* White Baneberry — \*Actaea pachypoda\*
* Columbine — \*Aquilegia canadensis\*
* Jack-in-the-Pulpit — \*Arisaema triphyllum\*
* Swamp Milkweed — \*Asclepias incarnata\*
* Common Milkweed — \*Asclepias syriaca\*
* Marsh Marigold — \*Caltha palustris\*
* Purple Coneflower — \*Echinacea purpurea\*
* Trout Lily — \*Erythronium americanum\*
* Large-leaf Aster — \*Eurybia macrophylla\*
* Joe Pye Weed — \*Eutrochium maculatum\*
* Wild Strawberry — \*Fragaria virginiana\*
* False Solomon’s Seal — \*Maianthemum racemosum\*
* Ostrich Fern — \*Matteuccia struthiopteris\*
* Evening Primrose — \*Oenothera biennis\*
* Grey-headed Coneflower — \*Ratibida pinnata\*
* Black-eyed Susan — \*Rudbeckia hirta\*
* Bloodroot — \*Sanguinaria canadensis\*
* Cup Plant — \*Silphium perfoliatum\*
* Woodland Goldenrod — \*Solidago spp.\*
* Wood Poppy — \*Stylophorum diphyllum\*
* New England Aster — \*Symphyotrichum novae-angliae\*
* White Trillium — \*Trillium grandiflorum\*
* Marsh Violet — \*Viola cucullata\*
* Wood Violet (Common Blue Violet) — \*Viola sororia\*

# 🌳 Native Shrubs

* Serviceberry — \*Amelanchier alnifolia or A. canadensis\*
* Alternate-leaf Dogwood — \*Cornus alternifolia\*
* Red Osier Dogwood — \*Cornus sericea\*
* Chokecherry — \*Prunus virginiana\*
* Elderberry — \*Sambucus canadensis\*
* Nannyberry — \*Viburnum lentago\*
* Highbush Cranberry — \*Viburnum trilobum\*

# 🌲 Native Trees

* Balsam Fir (American Fir) — \*Abies balsamea\*
* Sugar Maple — \*Acer saccharum\*
* White Cedar — \*Thuja occidentalis\*

# 🌿 Non-Native Shrubs/Perennials

* Forsythia — \*Forsythia × intermedia\*
* Sweet Woodruff — \*Galium odoratum\*
* Outhouse Flower / Orange Daylily — \*Hemerocallis fulva\*
* Hostas — \*Hosta spp.\*
* Smooth Hydrangea — \*Hydrangea arborescens\*
* Lungwort — \*Pulmonaria officinalis\*
* Japanese Spirea — \*Spiraea japonica\*
* Lilac — \*Syringa vulgaris\*

# 🍅 Food Production Plants

* Serviceberry — \*Amelanchier spp.\*
* Hot Peppers — \*Capsicum annuum\*
* Wild Strawberry — \*Fragaria virginiana\*
* Chokecherry — \*Prunus virginiana\*
* Currants — \*Ribes spp.\*
* Raspberry — \*Rubus idaeus\*
* Elderberry — \*Sambucus canadensis\*
* Tomatoes — \*Solanum lycopersicum\*
* Blueberry — \*Vaccinium angustifolium / V. corymbosum\*
* Highbush Cranberry — \*Viburnum trilobum\*