

# Water Wise Edibles Plant Guide



Marin Master

Gardeners want to help you select and successfully grow water wise edibles in your landscape.

Marin County enjoys a Mediterranean climate, characterized by wet winters and long, dry summers with little rainfall. Plants that are suited or adapted to local conditions not only use less water, but generally grow more successfully and robustly, with fewer insect and disease problems. They ultimately create a healthier, more beautiful and more sustainable landscape. Most of the plants in this guide are growing successfully in Marin Master Gardeners' gardens and flourish in Marin County.

The Marin Master Gardener website provides a wealth of information on growing edibles including a water-wise table on recommended vegetable, fruit and herb choices for Sunset zones 15-17, guidelines on the care of fruit trees and berries, using gray water, and suggestions on how to conserve water and enjoy a bountiful garden in the presence of drought. The website also includes an interactive water-wise plant guide which provides information (e.g., sun/shade and water requirements, deer resistance, drainage needs and photos for perennials as well as planting methods and practices e.g., soil health, mulching, and useful tools.

[www.marinmg.org](http://www.marinmg.org)



## Marin Master Gardeners

The Marin Master Gardeners are a dedicated, trained group of volunteers with a shared love of gardening and horticulture. Through community service and educational outreach, they provide home gardeners and community organizations with the knowledge and skills to create a healthy environment for Marin County. Volunteers are available to answer your gardening and landscape questions Monday through Friday, 9 a.m. to noon and 1 to 4 p.m.

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Advice to Grow By...Ask us!

## Water Wise Vegetables

### Coastal Fog Areas/Quickly Maturing

Arugula *Eruca sativa*  
 Beets *Beta vulgaris*  
 Carrots *Daucus carota* ‡  
 Cauliflower *Brassica oleracea* ‡  
 Chard *Beta vulgaris* ‡, HP  
 Cucumber *Cucumis sativus*  
 Eggplant (if transplanted) *Solanum melongena* †  
 Garlic *Allium spp* ‡  
 Kale *Brassica oleracea* ‡, HP  
 Kohlrabi *Brassica oleracea* ‡  
 Lettuce *Lactuca sativa* ‡  
 Peas *Pisum sativum* ‡  
 Radish *Raphanus sativus*  
 Spinach *Spinacia oleracea* †, ‡  
 Sugar Peas *Pisum sativum* ‡  
 Summer squash *Curcubita spp* †, HP  
 Turnip *Brassica rapa var rapifera* ‡  
 Tomato *Solanum lycoperscium* †, HP

### Warmer areas (Longer to Mature)

Amaranth/*Amaranthus spp* †  
 Asparagus *Asparagus officinalis* ‡  
 Artichoke/*Cynara spp.* †  
 Beans *Phaseolus spp* †  
 Broccoli *Brassica spp* ‡  
 Brussels Sprouts *Brassica oleracea* ‡  
 Cabbage *Brassica oleracea* ‡, Napa †  
 Celery *Apium graveolens* ‡  
 Collards *Brassica oleracea* †, ‡  
 Fava bean *Vicia faba* ‡  
 Leeks *Allium ampeloprasum* ‡  
 Onion *Allium cepa* ‡  
 Parsnip *Pastinaca sativa* †  
 Peppers *Capsicum spp* †  
 Potato *Solanum tuberosum* ‡  
 Pumpkin *Cucurbita spp* †  
 Rutabaga *Brassica rapus* ‡  
 Sweet Potato *Ipomoea batatas* †  
 Tomato *Solanum lycoperscium* †  
 Turnip *Brassica rapa var rapifera* ‡  
 Winter squash *Cucurbita spp* †  
 \*\*Plus those listed as quick maturing above

## Water Wise Fruits

### Fruit Trees

Apple *Malus domestica* HP  
 Apricot *Prunus armeniaca var armeniaca* HP  
 Cherry *Prunus spp* HP  
 Citrus *Citrus spp* ‡  
 Fig *Fiscus carica* ‡  
 Loquat *Eriobotra japonica* †  
 Peach *Prunus persica* †  
 Pear *Pyrus communis*  
 Persimmon *Diospyros spp* †  
 Pineapple guava *Feijoa sellowiana* †  
 Plum & Pluot *Prunus saliciina* & *Prunus domestica*  
 Pomegranate *Punica granatum* †

### Berries

Blackberries *Rubus spp* QM, HP  
 Blueberries *Vaccinium coprmbosum* QM, HP  
 Mulberries *Morus spp* †  
 Raspberries *Rubus ideaus* QM, HP  
 Strawberries *Fragaria x ananassa* QM HP

### Other Fruits

Grape *Vitis spp* †  
 Melon *Cucumis melo* †  
 Olive *Oleo europa* †  
 Rhubarb *Rheum rhabarbarum* ‡



For the complete guide to Water Wise Edibles, go to [www.mmg.org](http://www.mmg.org)

## Water Wise Herbs

Basil *Ocimum spp* †  
 Borage *Boragio officinalis* †  
 Calendula (pot marigold) *Calendula officinalis* †  
 Chamomile *Chamomilla recutita* †  
 Chives *Allium spp* †  
 Cilantro/Coriander *Coriandrum sativum* †  
 Dill *Anethum graveolens* †  
 Fennel *Foeniculum vulgare* †  
 French marigold *Tagetes patula* †  
 Hope *Humulus lupulus* †  
 Lavender *Lavendula spp* †  
 Lemon Grass *Cymbogon citratus* †  
 Marjoram *Origanum majorana* †  
 Mint *Mentha spp* †  
 Nasturtium *Tropaelum majus* †  
 Oregano *Origano heracleoticum* †  
 Curly leafed French parsley *Petroselinum crispum*  
 Flat leafed parsley *Petroselinum c. neapolitanum*  
 Purslane *Portulaca oleracea* †  
 Rosemary *Rosemarinus officinalis* †  
 Sage *Salvia officinalis* †  
 Savory *Satureja spp* †  
 Scented Geraniun *Pelargonium spp* †  
 Tarragon *Artemesia dracunuculus* †  
 Thyme *Thymus spp* †



### Symbol Key

† Uses less water  
 ‡ Uses residual water  
 HP High producer  
 QM Quick maturing