

**RHS Hampton Court Flower Show 2016 - Witan Global Growth Garden Plant List**

Not all parts of the plants below are edible. Please refer to a good reference book before consuming.

Botanical Name	Common Name	Usage	Hardiness Rating	Aspect
<i>Achillea ageratum</i>	English Mace/Sweet Nancy	Leaves can be used in cooking to flavour soups and stews or raw in salads	H7 - Hardy in the severest European continental climates (< -20)	Full Sun/not shade
<i>Acemella oleracea</i>	Toothache Plant	Edible flower buds - gives a zing to a salad. Good for toothache!	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full sun
<i>Allium cepa Proliferum Group</i>	Top setting onion	Use leaves, bulbs, scapes and flowers in all types of dishes.	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun
<i>Allium porrum</i>	Leek	Edible stems	H4 - Hardy through most of the UK (-10 to -5)	Full Sun
<i>Allium schoenoprasum 'Cha-Cha'</i>	Chives	Leaves can be used in cooking to flavour soups and stews and in salads	H4 - Hardy through most of the UK (-10 to -5)	Full Sun/Partial Shade
<i>Allium tuberosum</i>	Garlic Chives	Leaves have a mild garlic flavour ideal for salads.	H4 - Hardy through most of the UK (-10 to -5)	Full Sun
<i>Aloysia citriodora</i>	Lemon Verbena	Leaves can be used in cooking and for making a refreshing tea.	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun
<i>Aloysia gratissima</i>	Lemon Verbena	Leaves can be used in cooking and for making a refreshing tea.	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun
<i>Amaranthus tricolor 'Red Army'</i>	Amaranth	Seeds when cooked, young leaves in salads	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun
<i>Arbutus unedo</i>	Killarney Strawberry Tree	Edible Fruit	H5 - Hardy in most places throughout the UK even in severe winters (-15 to -10)	Full sun
<i>Artemisia dracunculus</i>	Tarragon	Excellent culinary herb with a delicate aniseed flavoured leaf	H7 - Hardy in the severest European continental climates (< -20)	Full Sun
<i>Atriplex hortensis 'Rubra'</i>	Red Mountain Spinach	Use leaves and stems as you would spinach or young leaves in salads	H4 - Hardy through most of the UK (-10 to -5)	Full Sun
<i>Beta vulgaris</i>	Chard	Edible leaves and stems	H5 - Hardy in most places throughout the UK even in severe winters (-15 to -10)	Full Sun/Partial Shade
<i>Beta vulgaris 'Bull's Blood'</i>	Beetroot	Salad leaves	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun
<i>Borago officinalis 'Alba'</i>	Borage	Leaves have a cucumber flavour.	H5 - Hardy in most places throughout the UK even in severe winters (-15 to -10)	Full Sun/Partial Shade
<i>Brassica oleracea</i>	Kale	Edible leaves and stems	H4 - Hardy through most of the UK (-10 to -5)	Full Sun
<i>Brassica oleracea capitata</i>	Cabbage	Edible leaves and stems	H4 - Hardy through most of the UK (-10 to -5)	Full Sun
<i>Brassica rapa var. purpurea</i>	Purple Choy Sum	Use leaves and stems in salads and stir fry dishes	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun
<i>Calendula officinalis</i>	Pot Marigold	Edible flowers give colour to salads.	H5 - Hardy in most places throughout the UK even in severe winters (-15 to -10)	Full Sun/Partial Shade
<i>Canna</i>	Indian Shot Plant	Edible tubers - cook as with a potato	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full sun
<i>Canna indica</i>	Indian Shot Plant	Edible tubers - cook as with a potato	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full sun
<i>Capsicum</i>	Chilli	Edible fruit	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full sun
<i>Castanea sativa</i>	Sweet Chestnut	Edible fruit/nut	H6 - Hardy in all of UK and northern Europe (-20 to -15)	Full Sun
<i>Chenopodium giganteum</i>	Pink Goosefoot	Use leaves and stems as you would spinach or young leaves in salads	H4 - Hardy through most of the UK (-10 to -5)	Full Sun
<i>Chicorium intybus</i>	Chicory	Blanched leaves can be used raw or cooked. The root can be used as a vegetable or to make a coffee type drink.	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun
<i>Claytonia perfoliata</i>	Miner's lettuce	Whole plant is edible - useful as a cut-and-come-again crop	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Shade to partial shade
<i>Clinopodium vulgare</i>	Wild Basil	Use leaves in oriental dishes, salads and to make a refreshing tea	H7 - Hardy in the severest European continental climates (< -20)	Full Sun/Partial Shade
<i>Corylus colurna</i>	Turkish Hazel	Edible fruit/nut	H6 - Hardy in all of UK and northern Europe (-20 to -15)	Full sun
<i>Cithrum maritimum</i>	Rock Samphire	The succulent leaves can be used in salads	H6 - Hardy in all of UK and northern Europe (-20 to -15)	Full Sun/Partial Shade
<i>Cryptotaenia japonica</i>	Mitsuba	Young leaves have a celeryish flavour, can be used in salads or stir fry dishes	H4 - Hardy through most of the UK (-10 to -5)	Partial Shade
<i>Curcubita pepo</i>	Courgette	Edible fruit	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full sun
<i>Cynara cardunculus</i>	Globe Artichoke	Edible Flower bud	H6 - Hardy in all of UK and northern Europe (-20 to -15)	Full Sun
<i>Dahlia</i>	Dahlia	Edible tubers - cook as with a potato	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun
<i>Dahlia</i>	Dahlia	Edible tubers - cook as with a potato	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun
<i>Dahlia Karma Chocolate</i>	Dahlia	Edible tubers - cook as with a potato	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun
<i>Dianthus 'Mrs Sinkins'</i>	Dianthus	Edible flowers - add decoration to a salad	H4 - Hardy through most of the UK (-10 to -5)	Full Sun
<i>Drimys lanceolata</i>	Tasmanian Mountain Pepper	Peppery leaves	H4 - Hardy through most of the UK (-10 to -5)	Full sun
<i>Elaeagnus x ebbingei</i>		Edible Fruit	H5 - Hardy in most places throughout the UK even in severe winters (-15 to -10)	Full Sun/Partial Shade
<i>Faijqa sellowiana</i>	Pineapple Guava	Edible fruit and flowers	H5 - Hardy in most places throughout the UK even in severe winters (-15 to -10)	Full sun
<i>Foeniculum vulgare 'Purpureum'</i>	Fennel	Use leaves and seeds as a flavouring for fish and pork dishes.	H6 - Hardy in all of UK and northern Europe (-20 to -15)	Full Sun/Partial Shade
<i>Fragaria vesca</i>	Woodland/wild strawberry	Fragrant Fruits	H6 - Hardy in all of UK and northern Europe (-20 to -15)	Full Sun
<i>Fuchsia riccartonii</i>	Fuchsia	Edible fruit	H6 - Hardy in all of UK and northern Europe (-20 to -15)	Full Sun/Partial Shade
<i>Fuchsia spendens</i>	Fuchsia	Edible fruit	H1c - Can be grown outside in the summer (5 - 10)	Full Sun/Partial Shade
<i>Galium odoratum</i>	Sweet Woodruff	Leaves can be used in salads or drinks. Flowers can be used as a garnish	H6 - Hardy in all of UK and northern Europe (-20 to -15)	Partial Shade
<i>Hemerocallis</i>	Day Lily	All parts are edible especially flower buds	H7 - Hardy in the severest European continental climates (< -20)	Full Sun/Partial Shade
<i>Hosta Montana</i>	Hosta	Edible shoots	H7 - Hardy in the severest European continental climates (< -20)	Partial Shade
<i>Hosta sieboldii var. elegans</i>	Hosta	Edible shoots	H7 - Hardy in the severest European continental climates (< -20)	Partial Shade
<i>Hyssopus officinalis (Blue)</i>	Hyssop - Blue	Leaves can be use sparingly to flavour fish and meat dishes	H4 - Hardy through most of the UK (-10 to -5)	Full Sun/Partial Shade
<i>Hyssopus officinalis 'Albus'</i>	Hyssop - White	Leaves can be use sparingly to flavour fish and meat dishes	H4 - Hardy through most of the UK (-10 to -5)	Full Sun/Partial Shade
<i>Ipomea batatas</i>	Sweet Potato	Edible tuber	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full sun
<i>Juglans regia</i>	Walnut	Edible fruit/nut	H5 - Hardy in most places throughout the UK even in severe winters (-15 to -10)	Full Sun/Partial Shade
<i>Laurus nobilis Junior</i>	Bay	Edible leaves	H4 - Hardy through most of the UK (-10 to -5)	Full Sun/Partial Shade
<i>Lavender 'Munstead'</i>	Lavender	Leave can be sparingly used to flavour sweet and savoury dishes	H4 - Hardy through most of the UK (-10 to -5)	Full Sun
<i>Leptospermum scoparium</i>	Manuka	Leaves can be used to make home-made version of Manuka honey and warming teas.	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun/Partial Shade
<i>Lonicera caerulea</i>	Honeyberry	Edible fruit	H7 - Hardy in the severest European continental climates (< -20)	Full sun
<i>Lotus tetragonolobus</i>	Asparagus Pea	Edible pod	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full sun
<i>Mateuccia struthopterus</i>	Shuttlecock Fern	Edible shoots	H4 - Hardy through most of the UK (-10 to -5)	Partial shade/full shade
<i>Melissa officinalis</i>	Lemon balm	Leaves give a citrus twist to stuffings and salads. Also make a good tea infusion.	H7 - Hardy in the severest European continental climates (< -20)	Full Sun/Partial Shade
<i>Mentha suaveolens 'Variegata'</i>	Pineapple mint	Leaves can be used to flavour vegetable, salads and fruit salads	H5 - Hardy in most places throughout the UK even in severe winters (-15 to -10)	Full Sun
<i>Monarda didyma</i>	Bergamot	China tea[238].	H5 - Hardy in most places throughout the UK even in severe winters (-15 to -10)	Full Sun
<i>Nepeta Cataria</i>	Catmint	The mint-like leaves can be used to flavour food and to make a refreshing tea.	H4 - Hardy through most of the UK (-10 to -5)	Full Sun
<i>Ocimum basilicum var. Horapha</i>	Sweet basil	Use aniseed scented leaves in many dishes especially Indian and Thai	H1c - Can be grown outside in the summer (5 - 10)	Full Sun
<i>Origanum 'French'</i>	Oregano	Aromatic leaves can be used with meat and vegetable dishes	H6 - Hardy in all of UK and northern Europe (-20 to -15)	Full Sun/Partial Shade

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<i>Origanum 'Rosenkuppel'</i>	Oregano	Leaves can be used in cooking	H6 - Hardy in all of UK and northern Europe (-20 to -15)	Full Sun/Partial Shade
<i>Origanum vulgare 'Nanum'</i>	Oregano	Leaves can be used in cooking	H6 - Hardy in all of UK and northern Europe (-20 to -15)	Full Sun/Partial Shade
<i>Perilla frutescens - purple</i>	Japanese Shiso	Use leaves in oriental dishes	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun
<i>Perilla frutescens - green</i>	Japanese Shiso	Use leaves in oriental dishes	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun
<i>Petroselinum crispum</i>	Curled Parsley	Leaves can be used in cooking and salads	H6 - Hardy in all of UK and northern Europe (-20 to -15)	Full Sun/Partial Shade
<i>Phaseolus coccineus</i>	Runner Bean	Edible pods	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full sun
<i>Phaseolus vulgaris</i>	Dwarf Bean	Edible pods	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full sun
<i>Phaseolus vulgaris</i>	French Bean	Edible pods	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full sun
<i>Physalis philadelphica</i>	Tomatillo	Edible Fruit	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full sun
<i>Punica granata</i>	Pomegranate	Edible Fruits	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun
<i>Rosa rugosa</i>	Dog Rose	Edible petals and hips	H4 - Hardy through most of the UK (-10 to -5)	Full Sun/Partial Shade
<i>Rosmarinus officinalis 'Majorca Pink'</i>	Rosemary	Leaves can be used in Mediterranean dishes	H4 - Hardy through most of the UK (-10 to -5)	Full Sun
<i>Rumex scutatus</i>	Sorrel	Apple flavoured leaves that can be used in salads	H6 - Hardy in all of UK and northern Europe (-20 to -15)	Full Sun/Partial Shade
<i>Salvia elegans 'Tangerine'</i>	Tangerine Sage	Leaves have tangerine scent, can be used in fruit salads	H4 - Hardy through most of the UK (-10 to -5)	Full Sun
<i>Salvia officinalis 'Tricolor'</i>	Tricolour Sage	Leaves can be used in cooking	H5 - Hardy in most places throughout the UK even in severe winters (-15 to -10)	Full Sun
<i>Salvia purpurascens</i>	Purple Sage	Leaves can be used in cooking	H6 - Hardy in all of UK and northern Europe (-20 to -15)	Full Sun
<i>Salvia viridis var Comata</i>	Painted Sage	Aromatic leaves can be added to salads and soups. Seeds can be added to fermenting liquors to increase the potency!	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun
<i>Solanum lycopersicum</i>	Tomato	Edible fruit	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full sun
<i>Stachys affinis</i>	Chinese artichoke	Edible tubers/crosnes - can be eaten raw in salad or stir fried in Chinese dishes	H5 - Hardy in most places throughout the UK even in severe winters (-15 to -10)	Full Sun/Partial Shade
<i>Thymus 'Redstart'</i>	Thyme	Leaves can be used in Italian dishes	H6 - Hardy in all of UK and northern Europe (-20 to -15)	Full Sun
<i>Tropaeolum 'Black Velvet'</i>	Nasturtium	Edible Flowers to decorate salads. Leaves have a peppery taste	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun
<i>Tropaeolum 'Empress of India'</i>	Nasturtium	Edible Flowers to decorate salads. Leaves have a peppery taste	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun
<i>Tropaeolum majus 'Alaska Series'</i>	Nasturtium	Edible Flowers to decorate salads. Leaves have a peppery taste	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun
<i>Ugni molinae</i>	Chilean Guava	Edible Fruits	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full Sun/Partial Shade
<i>Vicia faba 'Crimson Flowered'</i>	Crimson Broad Bean	Edible beans	H3 - Hardy in coastal and relatively mild parts of the UK (-5 to 1)	Full sun
<i>Viola cornuta</i>	Viola	Edible flowers - add decoration to a salad	H5 - Hardy in most places throughout the UK even in severe winters (-15 to -10)	Full Sun/Partial Shade