# Fruit & Nuts

We don't list USDA hardiness zones because in our experience they can be misleading. Read the full explanation at <u>www.FriendsSchoolPlantSale.com/zones</u>.

However, if the catalog says a tree or shrub "needs winter protection," that means it's less likely to be hardy here, though we know gardeners who grow it successfully. If the text says "very hardy," that means the plant is known to be hardy north of the Twin Cities. If a plant has four or five stars  $\star \star \star \star \star$  it is highly rated for success in the book Growing Shrubs and Small Trees in Cold Climates.



If you have questions about a particular shrub or tree, we will have more details about hardiness at the Info Desk, so stop by!

# Apple Malus domestica

Beautiful, fragrant spring flowers and fall fruit. Apples require another variety for pollenizing unless noted otherwise, but apple or crabapple trees are usually nearby in most areas.  $\bigcirc \& \stackrel{\text{\tiny CP}}{\longrightarrow}$ 

# \$39.00—1 gal. pot:

- F001 **Fireside**—A big, sweet, firm apple with complex flavor. Fruit, ripening in October, is green with scarlet stripes, known for long keeping, and unusually aromatic. A 1943 U of M introduction. Bud9 dwarf rootstock. 8–12'h
- F002 **Honeycrisp**—The most popular apple developed by the U of M. Great for eating fresh or storing. Ideal for the home orchard. Geneva 890 semidwarf rootstock. \*\*\*\*\* 12–15'h
- F003 **Honeycrisp, Dwarf**—The most popular apple developed by the U of M. Ripens in September. Ideal for the home orchard. Bud9 dwarf rootstock. 8–12'h

# \$59.00—2 gal. pot:

- F004 **Cider Apples** (E)—Varieties: Porters Perfection (Geneva 11 rootstock), Harrison (Geneva 41), Dolgo crab (Geneva 41), Chisel Jersey (Dolgo crab rootstock).
- \$59.00—5 gal. pot:
- F005 **Ginger Gold** (E)—One of the first apples to ripen and a long keeper. Pink spring flowers and medium-sized apples with pale yellow skin and a blush of red. Crisp cream flesh has a sweet, mildly tart flavor. Good for eating, holds its shape well when baked, and doesn't brown when put in salads. EMLA111 rootstock. 15–20'h
- F006 **Haralson**—Class of '22 graduate of the University of Minnesota eager for work in northern climates. Distinctive tart flavor, very crisp and juicy. Tends toward biennial fruiting, ripening in mid-October. Semi-dwarf M7 rootstock. 12–16'h
- F007 **Pink Lady**—Late-season apple with mediumsized sweet-tart fruit with white flesh. Originally from Australia, also known as Cripps Pink. EMLA111 rootstock. 15–20'h by 10–16'w

# \$72.00—5 gal. pot:

F008 **Triumph MED**—Tart and firm red fruits with good storage life, great for fresh eating and baking. Annual bearing in late September, and a beautiful tree, too. One of the most recent U of M introductions, it's a cross with the flavor of

# FOIO Blackberry, Dwarf Red

Rubus pubescens

This trailing berry makes a great ground cover for any moist woodland area. The thornless stems develop decorative white flowers followed by small tart berries. It is not a heavy producer, but the berries are well worth the work to pick. Seed from St. Louis County, Minn.  $6-12^{n}h \bigcirc 0 \implies 2^{n} \odot 10.00 - 4^{n}$  pot

# FOIL **Blackberry, Thornless** *Rubus* Baby Cakes

Dwarf blackberry with white flowers in spring and early summer, followed by sprays of large, juicy berries of red and purple. Summer berries grow on second-year canes (floricanes). A second smaller harvest will follow in fall on first-year canes (primocanes). Delicious for pies, cobblers, turnovers, topping ice cream, and adding to cereal. Birds love the berries. Self-fruitful. Best on a trellis or planted along a fence. Lay canes on the ground for winter protection.  $\bigcirc * \% \stackrel{\text{thema:}}{\longrightarrow} $19.00-8"$  pot

Blueberry Vaccinium

Popular for their fruit, compact size, and brilliant fall colors of orange and red. Waxy white to light pink flowers. Must have acidic soil. Plant two or more varieties with the same bloom and fruit time for best pollenization. Fruit season ranges from late June to August. Yields will start low, but increase over the first five years. More robust yields in future years if flower buds are removed the first year. O \* # #-

\$14.00—1 gal. pot:

- F012 **Chippewa**—A 1996 U of M introduction. A good plant for the home gardener with large dark blue fruits in mid-season and good blueberry flavor. \*\*\*\*\* 3–4'h
- F013 **Northblue**—Introduced 1983. Mid-season dark blue fruit, large and attractive with good flavor. \*\*\*\* 2–3'h
- F014 **Northcountry**—Prolific producer of mild fruit. Mid-season. Semi-dwarf. 2–3'h
- F015 **Northland**—Flexible branches do not break under heavy snow loads. Mid-season fruit in long and loose clusters; nice wild berry flavor. Low stature and spreading growth habit also make it an attractive landscape plant. 3–4'h
- F016 **Patriot**—Flowers in May, followed by medium blueberries in early season. Dark green leaves turn red and purple in fall. 4–6'h

The widths of fruit trees and shrubs are similar to their heights unless noted otherwise.

# F021 Cherry, Nanking Prunus tomentosa

Pink buds open to white flowers producing tart halfinch dark red fruit. Used as a smaller substitute for pie cherries. Two plants needed for pollenization. A dense shrub, also known as Korean cherry, Chinese dwarf cherry, or Hansen's bush cherry. 6-10'h  $\bigcirc \& \stackrel{\text{there}}{\longrightarrow}$ 

F022 Cherry, Pie Prunus cerasus North Star

Very hardy and very productive U of M introduction.

Great for cooking and freezing. Semi-dwarf with

beautiful shape and coppery bark. Beautiful spring blossoms, followed by tart, full-size cherries in July.

Excellent summer food used by over 80 species of

This tree says "Hello, spring" by covering its branches

can be eaten fresh, like a blend of sour cherry and cran-

berry, but it's best used in jams and sauces. Slow grower with arching branches. Can be pruned to a single

trunk. Related to dogwoods. Tolerates heavy clay soil.

Partially self-fruitful, so plant two varieties for bigger

harvest. The fruit ripens after it falls from the tree. 15-

25'h by 15–20'w ○ ① — \$13.00—3.5" deep pot

with clusters of small yellow flowers. Leaves follow,

and then midsummer bright red cherries. Sour fruit

wildlife. Self-fruitful. 12–14'h ⊖ & ⊕-

F023 Cornelian Cherry

Cornus mas Oikos' Hungarian

\$18.00—8" pot Attractive to bees

Shade

Key

○ Full sun

Audubon-endorsed

● Part sun/part shade

- Butterfly-friendlyHummingbird-friendly
- Attractive foliage
- Culinary
- Edible flowersGround cover
- d Medicinal

\$59.00—5 gal. pot

- Minnesota native
- 🕑 Rock garden
- Cold-sensitive: keep above 40°F
- Toxic to humans
- 🕮 Saturday restock



White flowers followed by fruits in clusters by midsummer. The round fruit is good for jellies, wines, and preserves. For the most fruit production, remove any stems that are more than four years old. These varieties are self-fruitful and resistant to white pine blister rust.  $\bigcirc 0$  W  $\cong$ 

## \$14.00—1 gal. pot:

- F024 **Consort** *R. nigrum*—Long clusters of medium-sized, sweet-tart black fruits. Orange-red foliage in fall. 4–5'h by 3–4'w
- F025 **Red Lake** *R. rubrum*—Vigorous plant that breaks dormancy early. Dark red fruits will ripen earlier with additional moisture. 4'h

## \$18.00—8" pot:

F026 **White Imperial** *R. rubrum*—Light pink translucent berries are known for their good flavor. 3–4'h by 4–6'w

## F027 Elderberry Sambucus canadensis 🛲

Large, flat clusters of fragrant white blossoms in early summer, followed by glossy dark purple to black berries in drooping clusters in late autumn. Prune suckers as they appear to control spread. The elder flowers can be harvested once they are all opened. The intense fragrance is relaxing, as is tea made from them. Self-fruitful. Wait until the black fruits are fully ripened to pick and cook them; they cannot be eaten raw. Mason County, Mich., source. 8–20'h  $\bigcirc \mathfrak{A} \cong \mathfrak{A} \cong \mathfrak{A}$ \$14.00—5.25" pot

## F028 **Fig** *Ficus carica* Chicago Hardy

Despite its name, this fig can't be considered hardy here, though it may be worth trying with heroic protection, such as a giant pile of bagged oak leaves or a box built around it. Fruits in late summer until frost. Self-fruitful. Over-winter in a large pot in an attached garage or a root cellar, or bring indoors to over-winter. Good for containers. Can be pruned to make an even smaller tree. Fig trees moved indoors often lose all their leaves, in which case cut back on watering until new leaves sprout. 10–12'h by 9–10'w  $\bigcirc$ .

\$21.00—8" pot



### Black currant

# ROOTSTOCKS

Why are apples grafted onto rootstocks?

An apple tree grown from seed will not have the same traits as the parent tree, so desirable varieties must be propagated from cuttings. Grafting the cutting onto selected rootstocks allows us to control the size of the tree, which is good for urban gardeners.

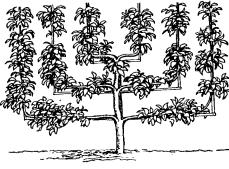
# Standard

Heights up to 30'

Honeycrisp and resilience of Liberty. Bud9 dwarf rootstock. 8–12'h

### \$99.00—7 gal. pot:

F009 **Espaliered Combo**—Three-tier espaliered tree with each branch a different variety, so six varieties in all. Varieties are labeled, but differ from pot to pot, so pick your favorite. All varieties are northern-hardy and pollenize each other. Espaliered trees (trained to grow on a twodimensional structure) are excellent for smaller gardens and are likely to increase fruit production. EMLA 111 rootstock. Height depends on training. 15–20'h



An espaliered apple tree

Foli 7 Polaris—A 1996 introduction. Popular for its long storage properties. Early-season fruit is very firm and sweet-scented. Must be pollenized by another blueberry variety, such as Patriot. \*\*\*\* 3–4'h
Foli 8 Toro (TET)—Northern highbush blueberry. Prolific producer, noted for its large and very sweet berries. Fruits in July. Self-pollenizing. 4–6'h

# Cherry, Bush Prunus

Tart cherries are good fresh or make sensational jams or pie. Cherries get sweeter as they ripen. ○▲ ⊕-\$9.00—3.5" pot:

F019 Jan P. japonica x p. jacquemontii—White blossoms. Cherries ripen in late August and early September. Low-growing shrub that suckers readily but has never exceeded 3' in height. Selected and introduced by E.M. Meader of the University of New Hampshire. Requires a second variety for good fruit production. 3–4'h

# \$40.00—3 gal. pot:

F020 **Wowza!** *P. fruticosa* x *cerasus*—White flowers become bright red fruit that is almost twice as large as other bush cherries, with a high fruit to pit ratio. Ripens August–September and will produce up to 20 pounds of cherries. Self-fruitful. 5–8'h by 4–7'w

### F029 **Gooseberry** *Ribes uva-crispa* Jeanne

A new dark-red dessert berry. Late-ripening with high yields (about three pounds per plant). Highly resistant to white pine blister rust. Very few of the pesky spines. Half-inch round fruits with a flavor all their own, often used in desserts. White blossoms in spring. Lobed foliage turns red in fall. Attracts birds and butterflies. Self-fruitful. 4-5'h  $\bigcirc 4\%$  % 18.00-1 gal. pot

# Grape Vitis

Vigorous vines are great for covering fences, but most benefit from pruning for best fruit production. Bunches of fragrant greenish flowers in spring. Grapes mature from August into September. Self-fruitful. Climbs by tendrils. ○卷 —

# \$8.00—3" deep pot:

F030 **Somerset Seedless**—Medium-sized, seedless red grape bred in Osceola, Wisconsin. Very early and very sweet with a flavor like strawberries. Excellent for fresh eating, jelly, and juice. Good resistance to downy and powdery mildew. 4–6'h

### \$17.00-4.5" pot:

F031 **Marquete**—Dark purple fruits, developed by the U of M's cold-hardy grape program. Very good for wine and juice. 20'h

# **GRAPE** CONTINUED ON PAGE 46

### Bud9

Dwarf, up to 10'. May need to be staked permanently. Extra cold-tolerant.

### Dolgo crab

Extra cold-tolerant, 20-25'

# EMLA III

Semistandard, up to 20' (can be pruned to stay shorter)

## Geneva 890

Semidwarf, up to 15'

# GII

Semidwarf, 16-18'

# G41

Dwarf, up to 10'. Extra cold-tolerant. M7

# Semidwarf, up to 16'

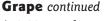
# Fruit & Nuts

# Key

- Full sun ● Part sun/part shade
- Shade
- Attractive to bees
- Audubon-endorsed
- W Butterfly-friendly Y Hummingbird-friendly
- Nattractive foliage
- **₩** Culinary
- A Edible flowers
- 🕃 Ground cover
- 😤 Houseplant
- d Medicinal
- Minnesota native
- 🕑 Rock garden
- **ℰ** Cold-sensitive: keep above 40°F
- Toxic to humans
- 🖓 Saturday restock







\$18.00—1 gal. pot: F032 Beta-Clusters of medium-sized blue-black seeded grapes good for jam, juice, and fresh eating. Vigorous, cold-hardy, and dependable. Heirloom from Minnesota in 1881. 15–20'h

# \$20.00—8" pot:

F033 **Concord** *V. labrusca*—Exceptionally sweet dark purple seeded fruit with skins that slip off the pulp. America's favorite grape was used by the

Welch family to bottle the first fresh fruit juice in 1869 as a nonalcoholic communion wine. The family also used it for the first grape jelly. Delicious eaten fresh or made into wine as well as juice and jelly. 8-10'h

# F034 Hazelnut, American Corylus americana

A rounded shrub with half-inch edible nuts, two to four in a cluster. Two plants needed to get nuts. Useful among other shrubs. Suckers from the roots to form thickets. Excellent for wildlife. Jackson County, Minn., source. 6–8'h ○●♥₩-℃ \$16.00—1 gal. pot

# Honeyberry Lonicera caerulea

From Japan or Russia, a sweet-tart fruit, high in antioxidants. "Yez" refers to the northern Japanese island now called Hokkaido. Yellow flowers in the early spring turn into long blue berries in June that are ideal for fresh eating or in any dessert. Easily harvested and low maintenance, accepting a wide range of soils. Requires two varieties that bloom together for better pollenization. Good source of early food for the hungry bees. 5–6'h ○●♣∰

## \$12.00-4" deep pot:

- F035 **Yezberry Solo**—Abundant yields of plump, sweet fruit. Fruits well without a pollenizer. Yields and fruit will be larger if Yezberry Maxie is planted nearby.
- F036 **Yezberry Maxie**—Olive-shaped berries are sweet and juicy. The largest we've seen. Flowers can withstand early spring frosts.

# F037 Huckleberry, Black

Gaylussacia baccata Tubular pink to possibly red flowers cover this shrub in spring, followed by edible purplish black berries. Red fall color. Prefers acid soil. Self-fruiful, but better fruit production if another is nearby. Michigan source. 1-2'h 口袋牛牛袋口 \$10.00-4" pot

# F038 Jostaberry NEW

Ribes nigrum x uva-crispa Black

Hybrid of black currant and gooseberry, with the larger berry size and sweetness of the gooseberry and distinctive flavor of the black currant. Thornless and selffruitful. 5–6'h ⊖&⊕ \$14.00—1 gal. pot

# Kiwi, Hardy Actinidia arguta

Not your fuzzy kiwis! Hardy kiwiberries have a thin, smooth, edible skin. They range in size from large blueberries to large grapes. Buds appear in late spring and may require protection if temperatures drop below 30°F. Small, fragrant white flowers. Produces fruit in 3-4 years. Grow on a strong, T-shaped trellis. Mulch roots for winter protection. A pollenizing plant is

Large, tropical-looking leaves and purple blossoms give way to fruit that has given this tree its other common name: poor man's banana. Sweet, custard-like flavor. Excellent source of vitamins and minerals. Requires two trees for fruit production. Trial in Minnesota; let us know how yours does. 15–30'h by 5–15'w  $\bigcirc$ \$16.00-1 gal. pot

# **Peach** Prunus amygdalus

Yes, these are edible, freestone peaches. Fragrant pink to red-purple flowers in early spring. Best in a northor east-facing location to prevent early bloom and frost damage. Self-fruitful. Syn. P. persica. 〇番 🖑

# \$55.00—5 gal. pot:

F043 Contender—Sweet yellow-fleshed fruits in late August. Cold-hardy and its later bloom time helps avoid late spring frosts. 12–15'h

F044 **Reliance**—Medium to large peaches with bright yellow flesh and

yellow skin blushed Peach with red. Ripens in August. Marginally hardy here. 12-15'h by 8-10'w

# **Pear** Pyrus communis

White flowers are followed by sweet and juicy fruits. Pears are most productive with a different pear tree in the neighborhood. 🔿 🖓 🖑 –

# \$55.00—5 gal. pot:

F045 **Summercrisp**—A U of M introduction with very early harvest in mid-August. Fruits are green with a red blush and are best eaten or refrigerated before they ripen to yellow. Crisp, juicy texture and sweet, mild flavor, they keep up to six weeks in the fridge. It is a good pollenizer for other pear varieties. S-333 rootstock. \*\*\*\* 12-18'h

# \$89.00—2 gal. pot:

- F046 Parker—A U of M introduction with bronzy yellow or red fruit, August-September harvest, and purple-burgundy fall foliage. 18'h by 15'w
- F047 **Patten (ED)**—Large fruits are excellent for fresh eating, fair for canning. Ripens in mid- to late September, but should be picked while green and allowed to ripen on counter. An excellent pollenizer for most other pears. 18'h by 15'w

# F048 Persimmon, American

# Diospyros virginiana

Beautiful tree in the ebony family, native to the central U.S. Tolerates poor soil and dry locations. Pollenizing and fruiting flowers grow on separate trees, so if you want fruit, plant at least three trees. It will be many years until the tree is old enough to fruit. Unripe fruits are very astringent and inedible, but they become sweet and succulent when fully ripe in the late fall. 50'h ○ ① ∰-\$24.00—2 gal. pot

# **Plum** Prunus salicina

Hardy and great for fresh eating or cooking.  $\bigcirc \clubsuit \stackrel{\text{\tiny W-}}{\longrightarrow}$ \$55.00—5 gal. pot:

- F049 Santa Rosa III Classic purplish red 2" fruit with a rich, tart flavor. Fragrant white spring flowers. Matures in 2-5 years. Self-fruitful. August harvest. 18-20'h 🕷
- F050 Toka—Richly flavored, exceptionally hardy selection from South Dakota. Blooms in May, fruit ripens mid-August to early September. Selffruitful and one of the best pollenizers for other plums. 15–20'h by 10–12'w

# The widths of fruit trees and shrubs are similar to their heights unless noted otherwise.

# **Raspberry** continued

# \$15.00-5.25" pot (continued):

- F054 Heritage -Medium-sized red berries ripen in early September, plus a small July crop (considered everbearing). Vigorous and hardy. 5-6'h
- F055 Killarney -Vigorous, cold-tolerant, summerbearing raspberry developed in Manitoba. Medium-sized red fruit with good eating and freezing quality. Sibling variety to Boyne. 3-4'h

# \$18.00—8" pot:

F056 Latham Red R. idaeus—Large, firm red berries late June-mid-July. Burgundy fall foliage for landscape interest. Very productive and cold-hardy, developed in Minnesota in 1920. 4-6'h

# \$27.00—1 gal. pot:

- F057 **Anne** -Hands-down the best-tasting yellow raspberry and also highly productive. Extra-large berries ripen from late August-October. Few thorns. Benefits from spring pruning for summer fruit, or a complete cutback for fall fruit. 4–5'h
- F058 Joan J R. ideaus @—Absence of thorns and smaller stature make this easy to pick. Large, firm red fruit from summer to early fall. 4.5'h

# F059 Rhubarb 🔊

Rheum rhabarbarum Victoria

Popular, medium-sized stalks with pink at the bottom and green at the top. Heavy producer. Great for pies and preserves. Large green leaf blades are toxic to humans, while the tart stalks are edible. 30–40"h by 36–48"w ⊖<del>∭</del>-⊛ \$4.00—4" pot

# Serviceberry, Saskatoon

# Amelanchier alnifolia

White flowers in early spring give way to showy, edible blue berries in summer and then brilliant fall color. Serviceberries are native, multi-stemmed shrubs whose fruit is important to wildlife. Self-fruitful. A xeriscape plant. Deer-resistant. Also called Juneberry. O

# \$14.00—5.25" pot:

F060 **Wild Serviceberry** -Can be trained into a small tree. Extremely cold-hardy, drought-tolerant, and not picky about soil condition. Mason County, Mich. source. 20'h by 10'w [?

# \$18.00—1 gal. pot:

F061 **Honeywood (ED)**—Round royal blue berries June and July, good for fresh-eating, cooking, and preserves. Compact cultivar of the Minnesota native. 8–12'h 💥

# **Strawberry** Fragaria x ananassa

Lovely perennial fruits that are easy to grow. They prefer sandy soil, but can be grown almost anywhere. Spread by runners. Self-fertile. 6–10"h by 24"w ○ ♣ —

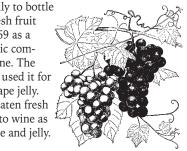
# \$3.00—2.5" pot:

F062 **Tristan** Rosy red flowers and an abundance of aromatic sweet berries. Everbearing. Few to no runners make this a great choice to grow as edging along a path where you can easily find the berries.

## \$4.00—4 plants in a pack:

- F063 **Honeoye** -June-bearing. One big crop, better for canning.
- F064 Ozark Beauty Everbearing; unusually vigorous plants with thick foliage and deep roots.
- \$6.00—6 plants in a pack:
- F065 **Allstar** (III) #—Red 1–2" fruits are extra sweet. June-bearing

# Strawberry, Alpine Fragaria vesca



Grapes



Rhubarb

required to get fruit. Twining. 🔿 🕀 🕁

\$12.00—1 gal. pot:

F039 **Ana (ED)**—Fruiting plant with penny-sized green fruits and a taste similar to pineapple. Ripens early to mid-October. 8–15'h

- F040 Geneva 3 (ED)—Fruiting plant with fruits slightly smaller than those of Ana, but a prolific producer of very sweet, tropical-tasting berries. Ripens late September to early October. 15–20'h
- F041 **Meader** *A. arguta* **(III)**—Pollenizer needed for Anna and Geneva 3. Can pollenize up to five fruiting plants. 10-15'h

# **Raspberry** Rubus

Upright, self-fruitful, usually thorny shrubs that don't require staking or support. Clusters of five-petaled white flowers with yellow anthers give way to flavorful fruit. Red or yellow raspberries spread by suckering underground; black raspberries spread when the tips reach the ground. Note: black raspberries should not be planted near any other color of raspberries nor near blackberries. 🔿 🕸 🖑 –

# \$5.00—2.5" pot:

F051 **Pequot Black**—Firm black raspberries for the North. Fruiting season is about three weeks long in July. Developed by Jim Fruth of Pequot Lakes, Minn. 4–5'h

# \$15.00—5.25" pot:

- F052 **Caroline** -University of Maryland red variety, one of the most productive. Fall bearing. Vigorous. 4–5'h
- F053 **Double Gold** Tasty, medium-sized peachy gold fruit with a wash of pink in midsummer on old canes, and a larger crop September to frost on new canes. The "Double" refers to the two crops of fruit, but in cold climates like ours it may only bear fruit in fall. 2012 Cornell University introduction. 5-8'h by 4-5'w

Numerous small, slender berries. Fragrant and tasty, summer to fall. Likes part shade and regular water. Nice along paths, and good in containers, too (plant in the ground in fall). The species is a plant native in Minnesota. Runnerless, but may self-seed somewhat. 7"h by 12–15"w ○ € 🖑 🗠

# \$3.00—4 plants in a pack:

F066 **Alexandria** - Red berries on productive plants. F067 **Yellow Wonder** Among many prefer this white berry with yellow seeds over traditional red strawberries. Considered sweeter, too. And birds ignore them totally. 6-8"h by 12-15"w

See also these shrubs and trees with edible fruit or nuts: BLADDERNUT and CHOKEBERRY, page 47, and CHOKECHERRY, CRABAPPLE and ELDERBERRY, page 48. And in others sections: GUAVA and KUMQUAT, page 20, JABUTICABA, page 42, and STRAWBERRY, WILD, page 56.

# Our recent snowy winters remind us: **BARK IS TASTY**

Protect your fruit trees and shrubs from rabbits and other nibblers using chicken wire, hardware cloth, or wrapping.