

Center for Sustainable Tourism



Edible Landscaping: A Natural Culinary Experience

Do your guests want natural experiences? Do they enjoy fresh locally grown food? Are you looking for something unique to serve for breakfast? Why not use edible plants from your own property.

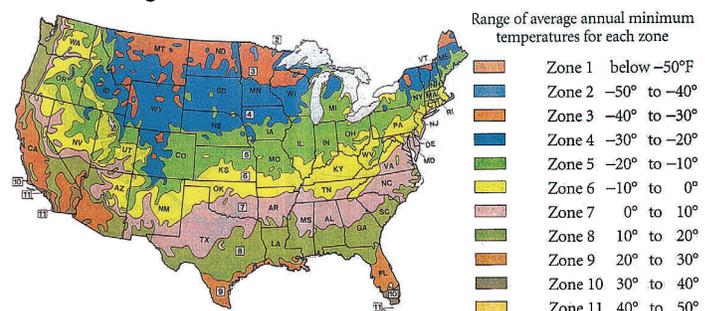
What is Edible Landscaping?

- **Improved Taste and Nutrition:** Nutrient content and flavor in most plants is highest immediately after harvest. Edible landscape provides fresh foods which can be eaten minutes after harvest.
- **Increased Food Security:** An edible landscape reduces your dependence on foreign food sources which have unknown production systems.
- **Reduced Food Costs:** Certain edibles are highly productive and are more economical to grow yourself than to purchase.
- **Convenience:** Having fruits and vegetables right outside may help to add fresher, healthier foods to your menu and makes food preparation easier.
- **Fun and Exercise:** Growing your own crops can be rewarding and fun.
- **Sustainability:** Consuming locally grown produce can be an important part of reducing energy inputs and protecting our environment.
- **Add Something Unique:** Using food grown on your property is an easy way to differentiate your product.



Three Initial Questions:

- What do your guests like to eat?
- What do your guests like to eat that grows all year?
- What will grow where I live?



What You Need To Do:

- Research plants that fit in your climate area-not all plants will grow where you live.
- If you're an inexperienced gardener-start small.
- Attend workshops and training sessions.
- Grow what you know you will use most.

Examples of Plants Which Grow in NC:

- Peppers
- Blueberries
- Raspberries
- Squash
- Hazelnuts
- Peanuts
- Sweet Potatoes
- Mint
- Corn

For more information on edible landscape please visit:

www.ces.ncsu.edu
www.ediblelandscaping.com
www.plantea.com/edibleland.htm
www.garden.org/ediblelandscaping
www.fremontica.com/greengardening/edible.htm



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This document was made by Sarah Jessop a student at East Carolina University and through a partnership between the Center for Sustainable Tourism at East Carolina University, East Carolina University's Office of Economic Development, the North Carolina Division of Tourism, Film, and Sports Development, and the North Carolina Division of Pollution Prevention and Environmental Assistance. Information presented is collected, maintained and provided for the convenience of the reader. While every effort is made to keep such information accurate and up-to-date, the state of North Carolina does not certify the accuracy of information that originates from third parties. Under no circumstances shall the state of North Carolina be liable for any actions taken or omissions made from reliance on any information contained herein from whatever source nor shall the state be liable for any other consequences from any such reliance. Mention of a company should not be considered an endorsement by the State of North Carolina.