



Shade Tolerant Edible Plants

by Erica Kempter, Nature and Nurture LLC

The list of plants below will grow in less than ideal light conditions. They will grow in “part sun” (4-6 hours of direct light per day). Most will not grow in complete shade. While these plants will grow in partial sun, most will produce more food in full sun.

GREENS:

- arugula
- cabbage
- kale
- lettuce
- mustard greens
- pak choi
- parsley
- sorrel
- spinach
- Swiss chard
- Endive
- Radicchio
- Dandelion

BERRIES and NUTS:

- black chokeberry
- chokeberry
- black raspberries
- red raspberries
- currants
- gooseberry
- hazelnut
- strawberries
- paw paw
- serviceberry

OTHER VEGETABLES:

- tomatoes (will grow somewhat in partial shade)
- beets
- bush beans
- broccoli
- cilantro
- dill
- horseradish
- kohlrabi
- lovage
- perennial onions
- peas
- perennial garlic
- radish
- rhubarb
- turnip
- wild leeks

HERBS:

- chives
- garlic chives
- parsley
- mint