Though almost any plant can be nudged and snipped into a new shape, the most popular for espalier growing are dwarf fruit trees, especially apples, pears, peaches, and nectarines. The dwarf varieties have the advantage of developing to a moderate height of eight to ten feet. At the same time, they set fruit early and in abundance. When buying a tree for espalier, seek the advice of a reputable nursery in your area so you get the right variety for your climate and best size for your space.