What is claimed is:

1. A method of delivering an effector to a plant, comprising providing to the plant a composition comprising a recombinant polynucleotide comprising: (i) a single-stranded RNA (ssRNA) plant viroid sequence and (ii) a heterologous RNA sequence that is not a viroid sequence comprising or encoding an effector, whereby the effector comprised by or encoded by the heterologous RNA sequence is delivered to the plant.

2. The method of claim 1, wherein the composition is delivered to only part of a plant, to meristematic tissue of a plant, to rootstock onto which an untreated scion is grafted, or to a scion that is grafted onto untreated rootstock.

3. The method of claim 1 or 2, wherein the composition provides an increase in pest resistance, pathogen resistance, disease resistance, fungal disease resistance, virus resistance, nematode resistance, bacterial disease resistance, or insect control.

4. The method of claim 1 or 2, wherein (a) the ssRNA plant viroid sequence is a plant viroid genome or a derivative thereof or (b) the ssRNA plant viroid sequence is a plant viroid genome fragment or a derivative thereof.

5. The method of claim 1 or 2, wherein the ssRNA plant viroid sequence is a sequence of a plant viroid from the family Pospiviroidae or Avsunviroidae.

6. The method of claim 1 or 2, wherein the plant viroid is potato spindle tuber viroid (PSTVd) or eggplant latent viroid (ELVd).

7. The method of claim 1 or 2, wherein the ssRNA plant viroid sequence has at least 80% sequence identity to a sequence selected from the group consisting of SEQ ID NOs:51-54, SEQ ID NOs:65-66, SEQ ID NO:68, SEQ ID NO:75, SEQ ID NOs:77-79, SEQ ID NOs:84-96, SEQ ID NOs:98-107, SEQ ID NOs:123-124, SEQ ID NOs:126-132, SEQ ID NO:134, SEQ ID NOs:136-143, SEQ ID NOs:145-150, SEQ ID NOs:153-154, SEQ ID NO:159, SEQ ID NO:166, SEQ ID NO:168, SEQ ID NO:196, SEQ ID NO:242, SEQ ID NO:268, SEQ ID NO:274, SEQ ID NO:276, SEQ ID NO:289, SEQ ID NO:451, SEQ ID NOs:458-459, and SEQ ID NO:467.

8. The method of claim 1 or 2, wherein the ssRNA plant viroid sequence has at least 90% sequence identity to SEQ ID NO:51 or SEQ ID NO:50.

9. The method of any one of claims 1-8, wherein the ssRNA plant viroid sequence does not contain a pathogenicity domain.

10. The method of any one of claims 1-9, wherein the RNA sequence comprising or encoding the effector: (a) has a biological effect on a plant or (b) has a biological effect on an animal or fungus that consumes or contacts the plant.

11. The method of any one of claims 1-10, wherein the effector comprises or is encoded by a ssRNA sequence.

12. The method of any one of claims 1-11, wherein the effector is an siRNA, miRNA, or pre-miRNA .

13. The method of any one of claims 1-12, wherein the heterologous RNA sequence comprises coding RNA, non-coding RNA, or both coding and non-coding RNA.

14. The method of any one of claims 1-11, wherein the effector comprises coding RNA, non-coding RNA, or both coding and non-coding RNA.

15. The method of any one of claims 1-14, wherein the effector comprises non-coding RNA comprising at least one regulatory RNA or at least one interfering RNA that regulates a target gene or its transcript in a target cell.

16. The method of claim 15, wherein the target cell is selected from the group consisting of a plant cell, an animal cell, and a fungal cell.

17. The method of claim 15 or 16, wherein the effector modifies a trait, phenotype, or genotype in the target cell.

18. The method of claim 17, wherein modifying comprises reducing expression of the target gene; increasing expression of the target gene; editing the target gene; and/or regulating the target gene .

19. The method of claim 1 or 2, wherein the ssRNA plant viroid sequence effects one or more results selected from the group consisting of entry into a tissue or cell of the plant; transmission through a tissue or cell or subcellular component of the plant; replication in a tissue or cell of the plant; targeting to a tissue or cell of the plant; and binding to a factor in a tissue or cell of the plant.

20. The method of any one of claims 1-19, wherein the recombinant polynucleotide lacks free ends and/or is circular.

21. The method of any one of claims 1-20, wherein the composition is topically delivered to a plant, and wherein the topical delivery is spraying, leaf rubbing, soaking, coating, injecting, seed coating, or delivery through root uptake.

22. A composition comprising a recombinant polynucleotide comprising: (a) a single-stranded RNA (ssRNA) plant viroid sequence that is a plant viroid genome or a derivative thereof or a plant viroid genome fragment or a derivative thereof, and (b) a heterologous RNA sequence that is not a viroid sequence and comprises or encodes an effector.

23. The composition of claim 22, wherein the plant viroid genome is (a) a genome of a plant viroid from the family Pospiviroidae or Avsunviroidae, or (b) a genome of potato spindle tuber viroid (PSTVd) or eggplant latent viroid (ELVd).

24. The composition of claim 22, wherein the ssRNA plant viroid sequence has at least 80% sequence identity to a sequence selected from the group consisting of SEQ ID NOs:51-54, SEQ ID NOs:65-66, SEQ ID NO:68, SEQ ID NO:75, SEQ ID NOs:77-79, SEQ ID NOs:84-96, SEQ ID NOs:98-107, SEQ ID NOs:123-124, SEQ ID NOs:126-132, SEQ ID NO:134, SEQ ID NOs:136-143, SEQ ID NOs:145-150, SEQ ID NOs:153-154, SEQ ID NO:159, SEQ ID NO:166, SEQ ID NO:168, SEQ ID NO:196, SEQ ID NO:242, SEQ ID NO:268, SEQ ID NO:274, SEQ ID NO:276, SEQ ID NO:289, SEQ ID NO:451, SEQ ID NOs:458-459, and SEQ ID NO:467.

25. The composition of claim 22, wherein the ssRNA plant viroid sequence has at least 90% sequence identity to SEQ ID NO:51 or SEQ ID NO:50.

26. The composition of any one of claims 22-25, wherein the effector comprises non-coding RNA comprising at least one regulatory RNA or at least one interfering RNA or at least one guide RNA that regulates or modifies a target gene or its transcript in a target cell, wherein the target cell is a plant cell, an animal cell, or a fungal cell.

27. The composition of any one of claims 22-26, wherein the effector (a) modifies expression of a target gene in a plant cell; or (b) has a biological effect on a plant or on an animal or fungus that consumes or contacts the plant.

28. The composition of any one of claims 22-27, wherein the composition is formulated for delivery to a plant or to the environment in which the plant grows.