

EDIBLE NATIVE PLANTS

FORBS

<i>Allium Sp.</i>	Wild Onion, Ramps	Use like chives and the bulbs are also edible.
<i>Apios americana</i>	Groundnut	Edible tubers.
<i>Asarum canadense</i>	Wild Ginger	Use as a ginger substitute and leaves brewed into a tea.
<i>Fragaria virginiana</i>	Wild Strawberry	Tiny but delicious fruits.
<i>Helianthus tuberosus</i>	Jerusalem Artichoke	Edible tubers - use like potatoes.
<i>Matteuccia struthiopteris</i>	Ostrich Fern	Fiddleheads must be boiled for three minutes before cooking.
<i>Medeola virginiana</i>	Indian Cucumber	Can be eaten raw or in salads.
<i>Monarda Sp.</i>	Beebalm	Leaves for seasoning or tea.
<i>Opuntia humifusa</i>	Eastern Prickly Pear	Both the pads and the fruit are edible. Spines must be removed.
<i>Physalis Sp.</i>	Ground cherry	Most species bear edible fruit.
<i>Pontederia cordata</i>	Pickering Weed	Seeds raw or cooked.
<i>Pycnanthemum Sp.</i>	Mountain Mint	Leaves for seasoning or tea.
<i>Rosa Sp.</i>	Rose	Edible hips and flower petals.
<i>Typha Sp.</i>	Narrow-leaf Cattail	Young cattail shoots and roots are edible.
<i>Yucca filamentosa</i>	Adam's Needle Yucca	Stems, leaf bases, flowers, emerging stalks as well as the fruit are edible

VINES

<i>Passiflora incarnata</i>	Passionflower	Fruits.
<i>Dioscorea villosa</i>	Wild Yam	The tubers are detoxified, by soaking in salt water for a day.
<i>Strophostyles umbellata</i>	Pink Fuzzy Bean	Edible beans similar to commonly cultivated varieties.
<i>Phaseolus polystachios</i>	Wild Kidney Bean	Edible beans similar to commonly cultivated varieties.
<i>Melothria pendula</i>	Creeping Cucumber	Can be eaten raw or in salads.

SHRUBS

<i>Aronia arbutifolia</i>	Red Chokeberry	Usually used in baking or jams, jellies, syrup, tea, juice, wine.
<i>Aronia melanocarpa</i>	Black Chokeberry	Usually used in baking or jams, jellies, syrup, tea, juice, wine.
<i>Callicarpa americana</i>	American Beautyberry	Usually used in baking or jams, jellies, syrup, tea, juice, wine.
<i>Ceanothus americanus</i>	New Jersey Tea	Leaves used for tea (no caffeine)
<i>Corylus americana</i>	Hazelnut	Nuts eaten raw or cooked in recipes.
<i>Gaylussacia baccata</i>	Black Huckleberry	Eat raw or cooked.
<i>Lindera benzoin</i>	Spicebush	Berries for spice, twigs for tea.
<i>Rhus Sp.</i>	Sumac	Fruits to make -ade drink.
<i>Sambucus canadensis</i>	Elderberry	Berries for baking, jam, wine (Must be cooked or dried to avoid toxicity).
<i>Vaccinium angustifolium</i>	Lowbush Blueberry	Small blueberries.
<i>Vaccinium corymbosum</i>	Highbush Blueberry	Blueberries - same as the commercial cultivars.
<i>Viburnum Sp.</i>	Viburnum	Eaten raw or made into jams, jelly, and sauces.

TREES

<i>Amelanchier Sp.</i>	Serviceberry	Sweet berries in late June. Ripe when soft and turning purple.
<i>Asimina triloba</i>	Pawpaw	Eaten raw or in jelly, pies, preserve and wine .
<i>Carya ovata</i>	Shagbark Hickory	Nuts eaten raw or cooked in recipes.
<i>Celtis occidentalis</i>	Hackberry	Berries edible raw or cooked.
<i>Diospyros virginiana</i>	American Persimmon	Eat raw or in syrups, jelly, ice cream, pie.
<i>Juglans nigra</i>	Black Walnut	Nuts eaten raw or cooked in recipes.
<i>Magnolia virginiana</i>	Sweetbay Magnolia	Leaves for seasoning or pickle the flowers.
<i>Prunus americana</i>	Wild Plum	Eaten raw or in jelly, pies, preserve and wine.
<i>Prunus angustifolia</i>	Chickasaw Plum	Eaten raw or in jelly, pies, preserve and wine.
<i>Prunus serotina</i>	Black Cherry	Cooked in jams, jellies, pies, sauces. Seeds are toxic.
<i>Prunus virginiana</i>	Chokecherry	Cooked in jams, jellies, pies, sauces. Seeds are toxic.

**** NEVER INGEST ANYTHING UNLESS YOU ARE
%100 CERTAIN THAT IT IS SAFE. ****