

OUR NATIVE EDIBLES:



BERRIES & FRUIT

Amelanchier alnifolia, Saskatoon Serviceberry
Amelanchier canadensis, Serviceberry
Amelanchier laevis, Smooth Serviceberry
Amelanchier stolonifera, Running Serviceberry
Aronia melanocarpa, Chokeberry
Asimina triloba, Paw Paw
Fragaria virginiana, Wild Strawberry
Malus coronaria, Sweet Crabapple
Prunus nigra, Canadian Plum
Prunus pumila, Sandcherry
Prunus serotina, Black Cherry
Prunus virginiana, Choke Cherry
Rhus typhina, Staghorn Sumac
Ribes americanum, Wild Black Currant
Rosa carolina, Pasture Rose
Rosa palustris, Swamp Rose
Rubus allegheniensis, Common Blackberry
Rubus canadensis, Smooth Blackberry
Rubus flagellaris, Northern Dewberry
Rubus idaeus, Wild Red Raspberry
Rubus occidentalis, Black Raspberry
Sambucus canadensis, Common Elder
Vaccinium myrtilloides, Velvet Leaved Blueberry
Vaccinium vitis-idaea, Lingonberry
Viburnum acerifolium, Mapleleaf Viburnum
Viburnum lentago, Nannyberry
Viburnum trilobum, High-Bush Cranberry
Vitis riparia, Frost Grape



ROOTS & BULBS

Allium cernuum, Nodding Wild Onion
Allium tricoccum, Wild Leek
Asarum canadense, Wild Ginger



NUTS

Corylus americana, American Hazel
Corylus cornuta, Beaked Hazel
Juglans cinerea, Butternut
Juglans nigra, Black Walnut
Quercus alba, White Oak
Quercus macrocarpa, Bur Oak
Quercus palustris, Pin Oak
Quercus rubra, Red Oak
Staphylea trifolia, Bladdernut



FLOWERS

Cercis canadensis, Redbud
Echinacea purpurea, Purple Coneflower
Rosa carolina, Pasture Rose
Rosa palustris, Swamp Rose
Syringa vulgaris, Common Lilac (non-native)



DRINKS & SPICES

Ceanothus americanus, New Jersey Tea
Lindera benzoin, Spicebush
Ledum latifolium, Labrador Tea
Monarda fistulosa, Wild Bergamot
Rhus typhina, Staghorn Sumac
Tilia americana, Basswood



GREENS

Allium cernuum, Nodding Wild Onion
Allium tricoccum, Wild Leek
Tilia americana, Basswood



**WARNING: ALWAYS RESEARCH PREPARATION METHODS
(REFERENCING BOTANICAL NAMES) BEFORE CONSUMING!**