

# Native Edible Plants



## Perennials

### ***Agastache foeniculum* (anise hyssop)**

Light requirement: sun to part sun

Moisture requirement: moist to dry

Edible part(s): leaves

### ***Allium cernuum* (nodding onion)**

Light requirement: sun to part sun

Moisture requirement: average to dry

Edible part(s): leaves, flowers, and roots

### ***Allium tricoccum* (ramps, wild leeks)**

Light requirement: part sun to shade

Moisture requirement: average to moist

Edible part(s): leaves

### ***Aralia nudicaulis* (wild sarsaparilla)**

Light requirement: part sun to shade

Moisture requirement: moist to dry

Edible part(s): berries and roots

### ***Aralia racemosa* (American spikenard)**

Light requirement: part sun to shade

Moisture requirement: average to moist

Edible part(s): berries, young shoot tips

### ***Asarum canadense* (wild ginger)**

Light requirement: shade

Moisture requirement: average to moist

Edible part(s): root

### ***Asclepias syriaca* (common milkweed, wild broccoli)**

Light requirement: sun

Moisture requirement: average to dry

Edible part(s): flower buds

### ***Caltha palustris* (marsh-marigold)**

Light requirement: sun to shade

Moisture requirement: moist to wet

Edible part(s): leaves and flower buds

### ***Claytonia virginica* (spring beauty)**

Light requirement: part sun to shade

Moisture requirement: average to moist

Edible part(s): roots

# Native Edible Plants



***Clintonia borealis* (blue bead lily)**

Light requirement: shade

Moisture requirement: moist

Edible part(s): early leaves

***Erythronium americanum* (trout lily)**

Light requirement: part sun to shade

Moisture requirement: average to moist

Edible part(s): roots

***Eurybia macrophylla* (big leaf aster)**

Light requirement: part sun to shade

Moisture requirement: moist to dry

Edible part(s): leaves

***Fragaria vesca* and *F. virginiana* (wild strawberry)**

Light requirement: sun to shade

Moisture requirement: average to dry

Edible part(s): berries

***Gaultheria procumbens* (wintergreen)**

Light requirement: part sun to shade

Moisture requirement: moist to dry

Edible part(s): leaves for tea and berries

***Helianthus tuberosus* (Jerusalem artichoke, sunchoke)**

Light requirement: sun

Moisture requirement: average to moist

Edible part(s): roots

***Maianthemum racemosum* (false Solomon's seal)**

Light requirement: part sun to shade

Moisture requirement: moist to dry

Edible part(s): berries

***Matteuccia struthiopteris* (fiddlehead fern)**

Light requirement: part sun to shade

Moisture requirement: moist

Edible part(s): fiddleheads

***Medeola virginica* (cucumber root)**

Light requirement: part sun to shade

Moisture requirement: average to dry

Edible part(s): root

# Native Edible Plants



***Monarda didyma* (scarlet bee balm)**

Light requirement: sun  
Moisture requirement: average to moist  
Edible part(s): leaves for tea

***Monarda fistulosa* (wild bergamot)**

Light requirement: sun  
Moisture requirement: average to moist  
Edible part(s): leaves for tea

***Oxalis stricta* (common yellow wood sorrel, lemon oxalis)**

Light requirement: sun to shade  
Moisture requirement: moist to dry  
Edible part(s): leaves

***Podophyllum peltatum* (mayapple)**

Light requirement: part sun to shade  
Moisture requirement: average to moist  
Edible part(s): fruit

***Polygonatum biflorum* (Solomon's seal)**

Light requirement: part sun to shade  
Moisture requirement: average to moist  
Edible part(s): young stem

***Pycnanthemum muticum* (broad leaved mountain mint)**

Light requirement: sun  
Moisture requirement: average to moist  
Edible part(s): leaves for tea

***Typha latifolia* (cattail)**

Light requirement: sun to part sun  
Moisture requirement: moist to wet  
Edible part(s): roots, early shoots, immature male flowers, pollen

***Urtica dioica* ssp. *gracilis* (stinging nettle)**

Light requirement: sun to part sun  
Moisture requirement: average to moist  
Edible part(s): leaves

# Native Edible Plants



## Vine/Liana

### ***Vitis labrusca* (fox grape)**

Light requirement: sun to shade

Moisture requirement: average to moist

Edible part(s): berries

### ***Amphicarpaea bracteata* (American hog peanut)**

Light requirement: part sun to shade

Moisture requirement: average to moist

Edible part(s): ground nuts and above-ground nuts

### ***Apios americana* (groundnut)**

Light requirement: sun to part sun

Moisture requirement: average to moist

Edible part(s): roots

## Shrubs

### ***Amelanchier spp.* (serviceberry)**

Light requirement: sun to part sun

Moisture requirement: average to dry

Edible part(s): berries

### ***Aronia arbutifolia* (red chokeberry)**

Light requirement: part sun to shade

Moisture requirement: average to wet

Edible part(s): berries

### ***Aronia melanocarpa* (black chokeberry)**

Light requirement: part sun to shade

Moisture requirement: average to wet

Edible part(s): berries

### ***Carya ovata* (shagbark hickory)**

Light requirement: sun to part sun

Moisture requirement: moist to dry

Edible part(s): nuts

# Native Edible Plants



## ***Ceanothus americanus* (New Jersey tea)**

Light requirement: sun

Moisture requirement: dry

Edible part(s): leaves for tea

## ***Comptonia peregrina* (sweet-fern)**

Light requirement: sun to part sun

Moisture requirement: average to moist

Edible part(s): leaves for tea

## ***Corylus americana* (american hazelnut)**

Light requirement: sun to shade

Moisture requirement: average to moist

Edible part(s): nuts

## ***Corylus cornuta* (beaked hazelnut)**

Light requirement: part sun to shade

Moisture requirement: average to moist

Edible part(s): nuts

## ***Gaylussacia baccata* (black huckleberry)**

Light requirement: sun to shade

Moisture requirement: average to dry

Edible part(s): berries

## ***Lindera benzoin* (spicebush)**

Light requirement: sun to shade

Moisture requirement: average to wet

Edible part(s): young leaves and twigs for tea, berries

## ***Morella caroliniensis* (bayberry)**

Light requirement: sun

Moisture requirement: average to dry

Edible part(s): leaves

## ***Prunus maritima* (beach plum)**

Light requirement: sun

Moisture requirement: dry

Edible part(s): berries

# Native Edible Plants



***Rhus hirta* and *R. copallinum* (sumac)**

Light requirement: sun to part sun

Moisture requirement: average to dry

Edible part(s): berries

***Rubus* spp. (raspberries)**

Light requirement: sun to shade

Moisture requirement: moist to dry

Edible part(s): berries

***Sambucus canadensis* (elderberry)**

Light requirement: sun to part sun

Moisture requirement: average to moist

Edible part(s): berries

***Vaccinium angustifolium* (lowbush blueberry)**

Light requirement: sun to shade

Moisture requirement: average to dry

Edible part(s): berries

***Vaccinium corymbosum* (highbush blueberry)**

Light requirement: sun to shade

Moisture requirement: average to moist

Edible part(s): berries

***Vaccinium macrocarpon* (cranberry)**

Light requirement: sun

Moisture requirement: moist to wet

Edible part(s): berries

***Viburnum lantanooides* (hobblebush)**

Light requirement: part sun to shade

Moisture requirement: average to moist

Edible part(s): berries

***Viburnum nudum* (witherod)**

Light requirement: sun to part sun

Moisture requirement: average to moist

Edible part(s): berries

# Native Edible Plants



## ***Viburnum opulus* (highbush-cranberry)**

Light requirement: sun to part sun

Moisture requirement: average to wet

Edible part(s): berries

## ***Viburnum prunifolium* (blackhaw viburnum)**

Light requirement: sun to part sun

Moisture requirement: average to moist

Edible part(s): berries

## **Trees**

### ***Acer saccharum* (sugar maple)**

Light requirement: sun to part sun

Moisture requirement: average to dry

Edible part(s): sap

### ***Asimina triloba* (pawpaw)**

Light requirement: sun to part sun

Moisture requirement: average to moist

Edible part(s): fruit

### ***Betula alleghaniensis* (yellow birch)**

Light requirement: sun to part sun

Moisture requirement: average to moist

Edible part(s): twigs for tea, sap

### ***Diospyros virginiana* (American persimmon)**

Light requirement: sun

Moisture requirement: average to moist

Edible part(s): fruit

### ***Juglans nigra* (black walnut)**

Light requirement: sun to part sun

Moisture requirement: average to moist

Edible part(s): nuts

# Native Edible Plants



## ***Morus rubra* (red mulberry)**

Light requirement: sun to part sun

Moisture requirement: average

Edible part(s): berries

## ***Prunus serotina* (black cherry)**

Light requirement: sun to part sun

Moisture requirement: average to moist

Edible part(s): berries

## ***Quercus* spp. (oak)**

Light requirement: sun to shade

Moisture requirement: moist to dry

Edible part(s): nuts

## ***Sassafras albidum* (sassafras)**

Light requirement: sun to part sun

Moisture requirement: average to moist

Edible part(s): leaves raw or cooked, twigs and roots for tea