



**Edible Plant List**  
**(Native and Naturalized)**  
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These edible plants should be positively identified before eating. Plant foods should be consumed only in moderation and ONLY the plant part specified. Some other parts of the plant may be poisonous, such as the berries and mature leaves of the pokeweed. Do not collect plants that have been sprayed with pesticides, along roadways in particular. When collecting from the wild, take only what you need and never take all the plants from a plant colony.

Common Name	Botanical Name	Use	Plant Part
Mountain Mint	<i>Pycnanthemum</i> spp.	Tea	Leaves
Monarda, Bee Balm	<i>Monarda</i> spp.	Tea, salads	Leaves, blooms
Smooth Sumac	<i>Rhus glabra</i>	Tea	Fruit
Corn salad, mache	<i>Valerianella radiata</i>	Greens, salad	Leaves *
Bittercress	<i>Cardamine hirsuta</i>	Greens, salad	Leaves, blooms
Wild garlic	<i>Allium canadense</i>	Salads, cooking	All
Lamb's Quarters	<i>Chenopodium album</i>	Greens	Leaves *
Plantain	<i>Plantago</i> spp.	Salads, greens	Leaves *
Purslane	<i>Portulaca oleracea</i>	Salads, greens, pickles	Leaves, stems
Peppergrass	<i>Lepidium virginicum</i>	Salads, greens, flavoring	Leaves*, seeds
Elderberry	<i>Sambucus canadensis</i>	Pies, jams, jellies, fritters	Fruit, flowers
Dandelion	<i>Taraxacum officinale</i>	Salads, greens, fritters	Leaves*, flrs.
Mayapple	<i>Podophyllum peltatum</i>	Drink, jellies, fresh	Mature fruit only
Wood Sorrel	<i>Oxalis</i> spp.	Salads, drink	Leaves
Blackberry	<i>Rubus</i> spp.	Fresh, jams, jellies, pies, drink	Fruit, Leaves
Poke Weed	<i>Phytolacca americana</i>	Greens	Leaves*
Woodland Violet	<i>Viola</i> spp.	Salads	Leaves, blooms
Sassafras	<i>Sassafras albidum</i>	Tea, flavoring	Roots, leaves
Hawthorn	<i>Crataegus</i> spp.	Jams, jellies,	Fruit
Redbud	<i>Cercis canadensis</i>	Salads, garnish	Blooms
Persimmon	<i>Diospyros virginiana</i>	Jellies, pudding, bread	Fruit
Maypop	<i>Passiflora incarnata</i>	Drink, fresh, jelly	Fruit
Mullein	<i>Verbascum thapsus</i>	Tea	Leaves (dried)
Red mulberry	<i>Morus rubra</i>	Pies, jams, jellies	Fruit
Evening Primrose	<i>Oenothera biennis</i>	Vegetable	1 <sup>st</sup> year roots
Bullhead lily	<i>Nuphar variegatum</i>	Vegetable, snack	Roots, seeds**
Spiderwort	<i>Tradescantia virginiana</i>	Salad, greens	Leaves*, stems
Hardy orange	<i>Poncirus trifoliata</i>	Drink, candy	Fruit, Peel
Rose	<i>Rosa</i> spp.	Salads, garnish, tea	Blooms, hips

\*Use only young, tender leaves.

\*\*Dried seeds can be fried like popcorn or parched.

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