



## **Edible “Wild” Plants of Southeast Ohio**

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### **Why edible wild plants?**

- EWPs are as nutritious as many crops (most edible herbs of fencerows, pastures and garden edges are feral ancestors: Queen Anne’s Lace = carrot gone wild)
- Truly “edible” plants foraged from the area just as tasty as supermarket foods
- Are freely available
- Are fun to find and satisfying to use

## Key Principles for Safe Foraging

- #1—100% accuracy in identifying the plant
- #2—know which part is edible, and how to prepare it properly
- #3—know the season for edible parts
- #4—consider your foraging site (is it “safe”?)
- #5—be aware of your body’s idiosyncracies (e.g., allergies)
- #6—be adventurous, creative, HAVE FUN!

## GOOD BOOKS TO START WITH



Both ca. \$12 from Amazon.com or your local bookstore



## Use with caution (or not at all)!!

- Day lily (*Hemerocallis*)—buds, cooked
- Pennyroyal (*Hedeoma pulegioides*)—leaves, in tea
- Sassafras (*Sassafras albidum*)—rhizome or bark, in tea [leaves are OK]
- Wild ginger (*Asarum canadense*)—rhizome, in tea



## Amaranth, Pigweed (*Amaranthus* spp.)

- Weedy herb from tropical America in disturbed open sites, alternate untoothed leaves, branches with tiny flowers
- Younger shoots—steamed or boiled vegetable (spring, early summer)



## Bedstraw, Cleavers (*Galium aparine*)

- Forest herb, whorls of 8 leaves, tiny 4-lobed flowers, recurved hairs on stem
- Younger shoots—steamed or boiled vegetable (spring)
- “Lenten Pottage” of Great Britain



## Black Locust (*Robinia pseudoacacia*)

- Tree, compound leaves with untoothed leaflets, drooping spikes of white fragrant flowers
- Flower clusters—fritters (spring)





## Cattail (*Typha*)

- Aquatic herb, long slender leaves, slender “tiered” flower spikes
- Rhizome—raw, boiled, ground as “flour” (anytime)
- Inner stem base before flowering—raw, cooked (spring)



## Cattail (*Typha*)

- Young flowering spikes—boiled like corn on the cob (spring)
- Pollen from spikes—flour substitute or additive (spring)





## Chickory (*Cichorium intybus*)

- Weedy herb of roadsides and other open sites, rosette of jagged-edged leaves, milky sap, “flowers” pale blue with strap-shaped “petals”
- Leaves before flowering—steamed or boiled vegetable (early spring)



## Dandelion (*Taraxacum officinale*)

- Weedy herb of lawns and open sites, rosette of jagged-edged leaves, milky sap, yellow “flowers” with strap-shaped “petals”
- Flower heads—wine (spring, summer)





## Dandelion (*Taraxacum officinale*)

- Inner crown before flowering—raw, salads, steamed or boiled vegetable (early spring)
- Leaves before flowering—steamed or boiled vegetable (early spring)

Dandelion Greens



## Greenbrier, Blaspheme Vine (*Smilax* spp.)

- Mostly herbaceous vine with tendrils, unlobed leaves, often prickles
- Young tender shoots—raw or cooked (spring)





## Japanese Knotweed (*Polygonum cuspidatum*)

- Large herb of open sites, coarse stem, alternate heart-shaped leaves with basal sheath, related to rhubarb & buckwheat
- Young shoots—peeled, chopped, raw or cooked, used like “rhubarb” in jam, pie (spring)



## Juneberry, Serviceberry (*Amelanchier* spp.)

- Small woodland trees or shrubs, unlobed finely toothed leaves, white flowers, deep purple berries
- Berry—raw or cooked (late spring, early summer)





## Mulberries (*Morus alba* & *M. rubra*)

- Shrub or small tree, usually alternate lobed toothed leaves, blackberry-like fruits
- Fruit—raw, pie or jam (late spring); not very tart, needs a little lemon juice



## Ostrich fern (*Matteuccia struthiopteris*)

- Large fern forming colonies in floodplains & swamps, blades tapering at both ends
- Fiddleheads (unrolling young shoots)—boiled as vegetable (spring)





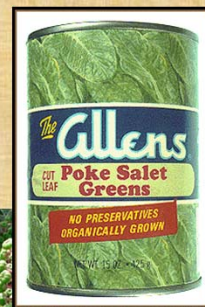
## Plantain (*Plantago* spp.)

- Weedy herb of roadsides, pastures and other open sites, tiny flowers along an upright stalk or in a “cone” on top
- Young leaves—blanched or boiled (early spring)



## Pokeberry, Poke Salad (*Phytolacca americana*)

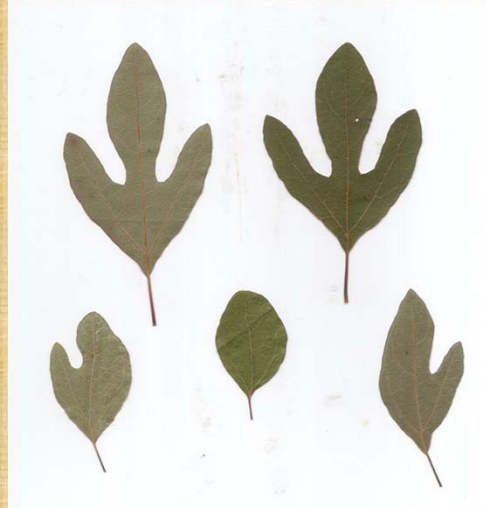
- Weedy herb of open sites and gardens, coarse stem, alternate fleshy leaves, spikes of purple-black berries
- Young shoots—boiled in 2 changes of water for vegetable (spring)





## Sassafras (*Sassafras albidum*)

- Small tree of cutover woodlands, forest borders, leaves unlobed or lobed (sometimes “mitten” like), foliage & twigs spicy-aromatic
- Young leaves—”gumbo filé” dried & powdered for thickening soups (spring); roots used for tea (**use sparingly!**)



## Stinging Nettle (*Urtica dioica*)

- Herb of open sites, alternate toothed leaves, stinging hairs on foliage
- Tips of young shoots—steamed or boiled vegetable (spring)
- Collect with gloves!



## Violets (*Viola sororia* and kin)

- Forest and lawn herbs, rosette of heart-shaped leaves, purple flowers
- Young leaves—raw, steamed or boiled vegetable (early spring)



## Violets (*Viola sororia* and kin)

- Flowers (esp. purple spp.)—salad or pastry garnish, jelly, syrup (spring)
- Leaves are high in vitamin C
- Jelly and syrup is a beautiful rose-violet color, tastes like fruit punch





## Wild Roses (*Rosa carolina*, *R. setigera*)

- Thorny shrubs or vines, alternate compound leaves with toothed leaflets, pink flowers, red berries
- Flower petals—jam (spring)
- Berry wo/seeds—jam, dried for “tea” (summer)



SUMMER & FALL EDIBLES

## Amaranth, Pigweed (*Amaranthus* spp.)

- Seeds—roasted, used whole, or ground into “flour” substitute (summer)
- Used extensively by prehistoric peoples and Native Americans



## Blackberries, Dewberries, Raspberries (*Rubus*)

- Thorny shrubs, alternate compound leaves with toothed leaflets, white flower clusters, red/purplish fruits
- Fruit—various (summer)





## Black Cherry & Chokecherry (*Prunus serotina* & *P. virginiana*)

- Shrubs or trees of forests & edges, alternate toothed leaves, spikes of white flowers, dark red berries
- Berry—nibble, jelly, pie, wine (late summer)



## Black Walnut (*Juglans nigra*)

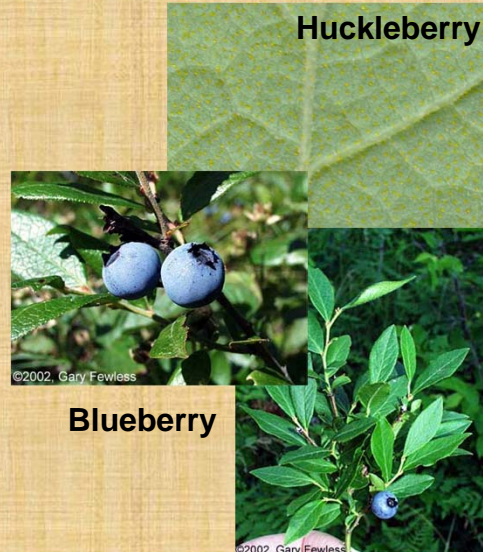
- Tree of forests, compound leaves with toothed leaflets, large nuts, aromatic foliage
- Nutmeats—various uses (late summer)
- Stronger flavor than English
- Wear gloves !





## Blueberries & Huckleberry (*Vaccinium* & *Gaylussacia baccata*)

- Shrubs of acidic dry forests or swamps, alternate untoothed/toothed leaves, urn-shaped flowers, blue or purple-black berries
- Berry—various uses (late summer)



## Elderberry (*Sambucus canadensis*)

- Shrub, compound leaves with toothed leaflets, flat-topped bunches of white flowers, purple-black berries
- Flowers—in pancakes (spring)
- Berry—pie, wine (summer)





## Grapes (*Vitis* spp.)

- Woody vine of woodlands and forest edges, tendrils, alternate lobed & toothed leaves, clusters of purple-black berries
- Leaves—parboiled, stuffed (summer)
- Berry—wine, jelly, raw (summer)



## Ground Cherries (*Physalis*)

- Herbs of open sites, alternate toothed leaves, umbrella-like yellow flowers, “bladdery” fruits with orange/red berry
- Berry—raw, jam, pie (summer)





## Hazelnut (*Corylus americana*)

- Woodland shrub, alternate toothed leaves, nuts surrounded by toothed leaf-like bracts
- Nutmeat—various (summer)



## Hickory (*Carya ovata*)

- Tree, bark “shaggy”, compound leaves with 5-7 toothed leaflets, nut with thick husk
- nutmeat—meal or nuts in pastries, boiled to pudding (summer)





## May Apple (*Podophyllum peltatum*)

- Forest herb, 1-2 umbrella-like lobed leaves, single white waxy flower in crotch of 2 leaves, golden-yellow egg-shaped berry
- Berry wo/seeds—jam, pie (summer)

**NOTE: Not fully ripe!!**



## Oaks (*Quercus*)

- Trees, alternate lobed leaves, nuts with scaly “cup”
- Red oaks have bristle-tipped leaf lobes (bitter nut, must leach); white oak leaves lack bristle-tips (sweet)
- Nutmeat—various (summer)

grinding to meal





## Pawpaw, Wild Banana (*Asimina triloba*)

- Small woodland tree, alternate untoothed leaves, 6-petaled brown flowers (before leaves), yellowish elongate berries
- Berry wo/seeds—raw, jam, salsa, ice cream (summer)



## Spicebush, Wild Allspice (*Lindera benzoin*)

- Woodland shrub, untoothed leaves, small greenish flowers in early spring, small red berries in summer, perfumy-aromatic foliage & twigs; related to Sassafras
- Dried & powdered berry—spice (summer)





## Sumacs (*Rhus* spp.)

- Shrubs or small trees, alternate compound leaves with toothed leaflets, conical clusters of red fuzzy berries
- berry clusters—“pink lemonade” (summer), after straining extract



## Wintergreen (*Gaultheria procumbens*)

- Short creeping woodland shrub, urn-shaped flowers, bright red berries, all with wintergreen flavor
- Berry—raw, pie, jam, nibble (summer)



## “ANYTIME” EDIBLES

### Blackberries, Dewberries, Raspberries (*Rubus*)

- Dried leaves—“tea” (anytime), frequent in commercial blended herbal teas





## Chickory (*Cichorium intybus*)

- Taproot—roasted, ground as coffee substitute (anytime), a frequent ingredient in commercial coffee substitutes



## Chickweed (*Stellaria media*)

- Weedy herb of open sites, opposite heart-shaped leaves, small 5-petaled flowers
- Shoots—raw in salads, steamed or boiled vegetable (anytime)





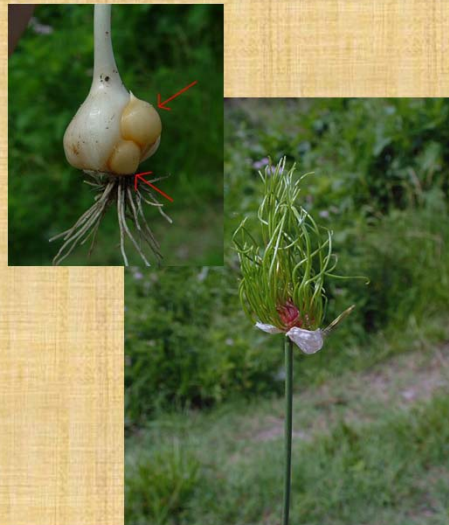
## Dandelion (*Taraxacum officinale*)

- Taproot—roasted, ground as coffee substitute (anytime)



## Field Garlic (*Allium vineale*)

- Herb of lawns and fields, bulb for rootstock, slender fleshy grass-like leaves with “garlic” aroma, terminal cluster of bulbs & purplish flowers
- Peeled bulb—use like garlic (anytime)





## Lamb's Quarters (*Chenopodium album*)

- Weedy herb, alternate toothed leaves, branches of tiny greenish flowers, tiny black flattish seeds
- Use like Amaranth
- Close relative of Quinoa, used since prehistoric times



## Peppergrass (*Lepidium*)

- Weedy herb of open sites, narrow alternate toothed leaves, spikes of tiny 4-petaled flowers, round flat green fruits
- Any part—raw nibble, salads, etc. (anytime)
- “Peppery” flavor





## Peppermint & Spearmint (*Mentha piperita* & *M. spicata*)

- Herbs of open wet sites, square stems, opposite toothed leaves, foliage with minty aroma
- shoots or leaves— nibble, in salad, flavoring, “tea”, jelly (anytime)



Peppermint

Spearmint



## Purslane, Pusley (*Portulaca oleracea*)

- Creeping weedy herb of open sites, fleshy stem and leaves, tiny single green flowers
- Shoots—raw, salads, cooked, pickled (anytime)
- Used since ancient times for food





## Queen Anne's Lace, Wild Carrot (*Daucus carota*)

- Weedy biennial herb of open sites, taproot and lacy dissected leaves with “carrot” smell, heads of many tiny white flowers
- first-year taproot—use like carrot (anytime)



## Queen Anne's Lace, Wild Carrot (*Daucus carota*)

- Leaves—dried, as “tea” (anytime)
- Seeds—dried, as spice or “tea” (summer)



## Sheep Sorrel (*Rumex acetosella*)

- Weedy herb of open sites, arrow-shaped leaves with basal sheath, terminal branches of tiny reddish flowers
- Leaves—raw nibble, salads etc.
- Tangy flavor



## Spicebush, Wild Allspice (*Lindera benzoin*)


- Twigs—make fragrant tea (anytime)






## Toothwort (*Dentaria diphylla*, *D. laciniata*)

- Small forest herb, 2-3 alternate toothed or divided leaves, terminal cluster of 4-petaled flowers
- Rhizome—nibble or “horseradish” condiment (anytime)




*Dentaria diphylla*



*Dentaria laciniata*

## Wild Onion (*Allium canadense*)

- Woodland herb, bulb for rootstock, slender fleshy grass-like leaves with “onion” aroma, terminal cluster of white flowers
- Peeled bulb and leaves—use like onion (anytime)







## Wood Sorrel (*Oxalis*)

- Herb of forests and open sites, three-lobed “shamrock” leaves, 5-parted yellow or violet flowers
- Leaves—used like Sheep Sorrel
- Tangy flavor, for a small nibble



## Wintergreen (*Gaultheria procumbens*)

- Leaf—dried, or fermented, as “tea” (anytime)





## References (my faves)

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## Image Credits

<u>Species</u>	<u>Part</u>	<u>Website</u>	<u>Acknowledgement</u>
Allium canadense	bulb	<a href="http://www.missouriplants.com">www.missouriplants.com</a>	?
Allium canadense	habit	<a href="http://www.missouriplants.com">www.missouriplants.com</a>	?
Allium vineale	bulb	<a href="http://www.missouriplants.com">www.missouriplants.com</a>	?
Allium vineale	top	<a href="http://www.missouriplants.com">www.missouriplants.com</a>	?
Amaranthus retroflexus	mature plant	Wikimedia Commons	?
Amaranthus retroflexus	seeds	<a href="http://www.life.illinois.edu">www.life.illinois.edu</a>	?
Amelanchier	Flowers, fruits	<a href="http://www.wikipedia.org">www.wikipedia.org</a>	?
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Asimina	fruit	A Passion for Nature	Jennifer Schlick
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Carya ovata	fruit	<a href="http://www.extension.iastate.edu">www.extension.iastate.edu</a>	Paul Wray
Carya ovata	leaf	<a href="http://www.extension.iastate.edu">www.extension.iastate.edu</a>	Paul Wray
Chenopodium album	fruiting spikes	davesgarden.com	Melody
Chenopodium album	young plant	<a href="http://www.forestryimages.org">www.forestryimages.org</a>	Lynn Sosnoskie
Cichorium intybus	stems, taproot	<a href="http://www.missouriplants.com">www.missouriplants.com</a>	?
Cichorium intybus	Rosette	<a href="http://www.frenchgardening.com">www.frenchgardening.com</a>	?
Corylus	fruits	<a href="http://www.arborday.org">www.arborday.org</a>	?
Corylus	habit	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Kevin Nixon
Corylus	nuts	USDA Plants Database	Steve Hurst
Daucus carota	fruiting umbel	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Robbin Moran
Daucus carota	habit	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Jan De Laet
Daucus carota	root	Vascular Plants of Wisconsin	Gary Fewless

Dentaria diphylla	plant	Vascular Plants of Wisconsin	Merel R. Black
Dentaria laciniata	plant	<a href="http://www.wildflower.org">www.wildflower.org</a>	Mrs. W. D. Bransford
Galium aparine	habit	<a href="http://sauce.pntic.mec.es/ldepablo/atalaya_nv.htm">sauce.pntic.mec.es/ldepablo/atalaya_nv.htm</a>	?
Galium aparine	shoot	<a href="http://www.commanster.eu">www.commanster.eu</a>	J. K. Lindsey
Gaultheria procumbens	berries	Wikimedia Commons	?
Gaultheria procumbens	habit	<a href="http://www.jacksonsnurseries.co.uk">www.jacksonsnurseries.co.uk</a>	?
Gaylussacia	leaf glands	<a href="http://www.duke.edu/~cwcook">www.duke.edu/~cwcook</a>	Will Cook
Hemerocallis	Buds	<a href="http://www.reproductive-fitness.com">www.reproductive-fitness.com</a>	?
Hedeoma pulegioides	Plant	<a href="http://www.lookfordiagnosis.com">www.lookfordiagnosis.com</a>	?
Juglans	habit	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Robbin Moran
Juglans	nuts	<a href="http://jansdailydish.blogspot.com/2009_08_23">jansdailydish.blogspot.com/2009_08_23</a>	?
Lepidium	fruits	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Dennis Stevenson
Lepidium	habit	<a href="http://www.biopix.dk">www.biopix.dk</a>	?
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Matteuccia struthiopteris	Habit, fruiting stalks	<a href="http://www.wikipedia.org">www.wikipedia.org</a>	?
Matteuccia struthiopteris	Fiddleheads	<a href="http://www.pinterest.com">www.pinterest.com</a>	?
Mentha piperrita	flowers	<a href="http://www.chirinka.com">www.chirinka.com</a>	?
Mentha spicata	habit	<a href="http://www.launc.tased.edu.au">www.launc.tased.edu.au</a>	?
Morus	fruit	<a href="http://www.discoverlife.org">www.discoverlife.org</a>	Steve Baskauf
Morus	habit	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Robbin Moran
Oxalis	habit	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Robbin Moran
Physalis	berry	/makearainbow.typepad.com	?
Physalis	habit	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Brad Boyle
Phytolacca americana	poke salad	<a href="http://waynesword.palomar.edu">waynesword.palomar.edu</a>	W. P. Armstrong

Phytolacca americana	mature plant	<a href="http://www.killerplants.com">www.killerplants.com</a>	Dustin P. Rôebère
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Polygonum cuspidatum	shoot	<a href="http://www.wildmanstevebrill.com">www.wildmanstevebrill.com</a>	Steve Brill
Portulaca oleracea	habit	<a href="http://www.ausbushfoods.com">www.ausbushfoods.com</a>	?
Portulaca oleracea	shoot	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Kevin Nixon
Prunus serotina	branch	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Kevin Nixon
Prunus virginiana	berries	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Kevin Nixon
Quercus	branch	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Robbin Moran
Quercus	flour	<a href="http://www.naturepods.com">www.naturepods.com</a>	?
Quercus	leaching	<a href="http://www.naturepods.com">www.naturepods.com</a>	?
Rhus typhina	fruits	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Robbin Moran
Rhus typhina	habit	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Meredith Cosgrove
Robinia pseudoacacia	branch	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Dennis Stevenson
Rosa rugosa	flowers	<a href="http://www.hort.net">www.hort.net</a>	?
Rosa rugosa	fruits	<a href="http://www.hort.net">www.hort.net</a>	?
Rosa setigera	flowers	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Kevin Nixon
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Rubus occidentalis	fruit	<a href="http://www.duke.edu/~cwcook">www.duke.edu/~cwcook</a>	Will Cook
Rubus occidentalis	habit	<a href="http://www.illinoiswildflowers.info">www.illinoiswildflowers.info</a>	?
Rumex acetosella	habit	<a href="http://www.commanster.eu">www.commanster.eu</a>	?



Sambucus canadensis	berries	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Meredith Cosgrove
Sambucus canadensis	flowers	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Kevin Nixon
Sambucus canadensis	habit	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Kevin Nixon
Sassafras albidum	Branch	<a href="http://www.sensiblesurvival.org">www.sensiblesurvival.org</a>	?
Sassafras albidum	Leaf silhouettes	<a href="http://www.missouriplants.com">www.missouriplants.com</a>	?
Stellaria media	flower	<a href="http://www.missouriplants.com">www.missouriplants.com</a>	?
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Taraxacum officinale	flower	<a href="http://www.plantsystematics.org">www.plantsystematics.org</a>	Jan De Laet
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Typha	shoot	<a href="http://www.wildmanstevebrill.com/">www.wildmanstevebrill.com/</a>	Steve Brill
Typha	young spike	<a href="http://peacefulblossom.blogspot.com">peacefulblossom.blogspot.com</a>	?
Urtica dioica	habit	<a href="http://calphotos.berkeley.edu">calphotos.berkeley.edu</a>	Tony Morosco
Vaccinium	berries	Shrubs of Wisconsin	Gary Fewless
Vaccinium	branch	Shrubs of Wisconsin	Gary Fewless
Viola sororia	flower	<a href="http://www.missouriplants.com">www.missouriplants.com</a>	?
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Vitis	berries	<a href="http://calphotos.berkeley.edu">calphotos.berkeley.edu</a>	L.-M. Landry
Vitis	habit	<a href="http://calphotos.berkeley.edu">calphotos.berkeley.edu</a>	L.-M. Landry