

Botanical Name	Common Name	Native to Mass?	Type of plant	Preferred habitat	Comments
<i>Acer negundo</i>	Box Elder	Yes	small to medium tree	wetlands and other damp areas; floodplains	a species of Maple; sap may be tapped + boiled down for syrup
<i>Acer rubrum</i>	Maple, Red	Yes	medium to large tree	red maple swamps (of course)	can be tapped for sap like Sugar Maple
<i>Acer saccharinum</i>	Maple, Silver	Yes	medium to large tree	forested floodplains and other wet ground	can be tapped for sap like Sugar Maple
<i>Acer saccharum</i>	Maple, Sugar	Yes	medium to large tree	hardwood forests; roadsides	sap is source of maple syrup and sugar
<i>Acorus americanus</i>	Sweet Flag (Calamus)	Yes	herbaceous perennial	wet fields and meadows; sunny wetlands; along waterways	the similarly-appearing <i>A. calamus</i> is apparently non-native to MA
<i>Allium tricoccum</i>	Wild Leek (Ramps)	Yes	herbaceous perennial	rich woods	over-collecting by commercial diggers is harming ramps + habitat - pick 1 leaf/plant only
<i>Amelanchier</i> spp.	Juneberry/Shadbush	Yes	Shrub/small tree	likes to grow near water, but often planted in parks and other landscaped areas	fruit ripe in late June; flavor is a cross between cherries and almonds
<i>Amphicarpaea bracteata</i>	Hog Peanut	Yes	herbaceous perennial vine	damp spots in woods w/ some sun; often on old woods roads	small subterranean tubers are available from late summer onward; tiny peas are edible too
<i>Angelica atropurpurea</i>	Angelica	Yes	herbaceous perennial to 6 ft -large spherical flower cluster	wet ground along rivers and streams, in full or partial sun	
<i>Angelica lucida</i>	Seacoast Angelica	Yes	herbaceous perennial	rocky areas near the ocean	
<i>Apios americana</i>	Groundnut	Yes	herbaceous perennial vine	damp sandy, open areas, often near waterways	edible tubers (available year-round) + beans
<i>Argentina (Potentilla) egedii</i>	Silverweed, Saltmarsh	Yes	herbaceous perennial	salt marshes - a closely-related species ( <i>A. anserina</i> ) may grow elsewhere	starchy root is edible - leaves may be used for tea
<i>Asarum canadense</i> *(see NOTE)	Wild Ginger*(see NOTE)	Yes	herbaceous perennial	rich woods	*NOTE: while the plant's roots give off a gingery aroma, the plant has carcinogens so DO NOT CONSUME

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<i>Asclepias syriaca</i>	Milkweed, Common	Yes	herbaceous perennial	old fields; field edges; roadsides	plant has at least four parts that are edible after boiling 7 minutes
<i>Asimina triloba</i>	Pawpaw	No*	small tree (to 20 ft.)	understory tree in rich woods	non-native to MA - Native to Zone 7+, but will grow in sheltered microclimates to Zone 5
<i>Atriplex</i> spp.	Orache	Yes*	annual herb	Grows at/just above the "wrack" (high tide) line	<i>A. patula</i> is non-native to MA; <i>A. cristata</i> and <i>littoralis</i> are native; young leaves are edible
<i>Betula alleghaniensis</i>	Yellow Birch	Yes	medium to large tree	hardwood forests	peeled twigs used for tea - sap can be drunk or boiled down to a molasses-like syrup
<i>Betula lenta</i>	Black Birch	Yes	medium to large tree	pioneer species for cleared areas and regenerating forest	peeled twigs used for tea - sap can be drunk or boiled down to a molasses-like syrup
<i>Bistorta vivipara</i> ( <i>Polygonum viviparum</i> )	Alpine Bistort	No	herbaceous perennial	mountain summits and open rocky cold areas	Only occurs in colder microclimates in northern New England + further north - "rare" status in ME+NH
<i>Caltha palustris</i>	Marsh Marigold (Cowslip)	Yes	herbaceous perennial - spring ephemeral wildflower	wooded swamps, usually near small streams	young leaves harvested sparingly before the plants bloom are edible after boiling
<i>Cardamine</i> ( <i>Dentaria</i> ) spp.	Toothwort	Yes	herbaceous perennial - spring ephemeral wildflower	understory plant in rich woods	root has horseradish flavor - be careful not to disturb listed (protected) species in the genus
<i>Carya ovata</i>	Hickory, Shagbark	Yes	medium to large tree	roadsides, field edges, hardwood forests	best trees for foraging are in the open and get lots of sun - nuts ripen in late September
<i>Castanea dentata</i>	Chestnut, American	Yes	small to medium tree (before blight hits them)	hardwood forests; field edges; roadsides	trees can occasionally get large enough to produce viable nuts before blight hits
<i>Ceanothus americanus</i>	New Jersey Tea	Yes	herb	fields and field and road edges	leaves used for tea
<i>Celtis occidentalis</i>	Hackberry	Yes	medium-sized tree	damp areas with some good sun exposure; will grow near water	both thin-fleshed fruit and starchy seed are edible
<i>Cercis canadensis</i>	Redbud	No	small tree (to 15 feet)	understory tree in limey or fertile soil	not native to MA - Found only in SW N.E. + further south, but will grow to Zone 5

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<i>Chamaepericlymenum canadense</i>	Bunchberry	Yes	ground cover about 5-6" high	northern and otherwise cooler woodlands; likes some sun	red berries are almost tasteless but edible
<i>Chamerion (Epilobium) angustifolium</i>	Fireweed	Yes	annual?	pioneer species following fires or clearcuts - like cool climate	young shoots and pith in older stems are edible
<i>Chenopodium capitatum</i>	Strawberry-Blite	No	annual	rocky areas, esp. near the ocean	more likely to be spotted in northern New England and further northward
<i>Claytonia virginica + caroliniana</i>	Spring Beauty	Yes*	herbaceous perennial - spring ephemeral wildflower	rich woods and wooded floodplains - generally not found in acidic soils	* <i>C. virginica</i> listed as endangered in MA - edible tubers ("fairy spuds") and foliage
<i>Clintonia borealis</i>	Clintonia (Corn Lily or Blue Bead Lily)	Yes	herbaceous perennial ground cover	common in acidic woodlands in N. NE and cool woods further S	young (to 3") leaves are edible and taste like cucumber
<i>Comptonia peregrina</i>	Sweet Fern	Yes	Small shrub	open areas; sandy/gravelly soil	leaves used for tea; small seeds are edible too
<i>Corylus americana</i>	Hazelnut, Common	Yes	shrub	old fields, clearings, roadsides, often under power lines	nuts are ripe the second week of September
<i>Corylus cornuta</i>	Hazelnut, Beaked	Yes	shrub	old fields, clearings, roadsides, often under power lines	overlaps with but tends to range further north than <i>C. americana</i>
<i>Crataegus</i> spp.	Hawthorn	Yes*	medium to large shrub	old fields and field edges	fruits are red when ripe and vary in size and flavor
<i>Diospyros virginiana</i>	Persimmon	No*	medium-sized tree	old fields	non-native to MA - Native to Zone 7+ but will grow in lower-numbered zones in suitable microclimates
<i>Epigaea repens</i>	Trailing Arbutus (Mayflower)	Yes	prostrate plant	openings in acidic woodlands; sloping sides of paths + woods roads - likes some sun	edible part are the spicy-scented flowers, which are the state flower of MA
<i>Erythronium americanum</i>	Trout Lily, Dogtooth Violet	Yes	herbaceous perennial - spring ephemeral wildflower	rich woods; wooded floodplains; woods with rich humus layer	plant is reputedly nausea-inducing if you eat too much

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<i>Fagus grandifolia</i>	Beech	Yes	medium to large tree	often found in hardwood forests	nuts ripen in September; best trees for foraging grow in the open
<i>Fragaria virginiana</i>	Wild Strawberry	Yes	herb to 2" high	old fields; mowed areas; roadsides	the fruit are small nut delectable; species likes cooler climate
<i>Gaultheria hispidula</i>	Creeping Snowberry	Yes	prostrate, diminutive vine -	cool, partial-to-full sun spots - often on old tree stumps	white berries the same size and flavor of wintergreen "Tic-Tacs"
<i>Gaultheria procumbens</i>	Wintergreen	Yes	perennial to 5" high	ground cover in acidic woodlands - can tolerate sun	leaves used for tea - berries also edible (though not very sweet)
<i>Gaylussacia baccata</i>	Huckleberry, Black	Yes	small shrub (to 3' tall)	acidic woodlands and clearings common understory plant in oak forests	black fruit ripens a bit later than blueberries
<i>Gaylussacia frondosa</i>	Dangleberry (Blue Huckleberry)	Yes	Shrub	understory plant in damp woods - occasionally grows in the open or partial shade	blue fruit ripens several weeks after the blueberries
<i>Helianthus tuberosus</i>	Jerusalem Artichoke	Yes	herbaceous perennial	field edges floodplains; likes full sun	a Sunflower cousin with edible tubers
<i>Hibiscus moscheutos</i>	Rose Mallow	Yes	shrub	in wet open meadows or in wet ground along waterways	species is related to the Marsh Mallow ( <i>Althaea officinalis</i> ), for which the confection was named
<i>Honckenya peploides</i>	Beach Greens (Seabeach Sandwort)	Yes	annual?	Grows in sandy areas near high tide line	
<i>Hydrophyllum virginianum</i>	Waterleaf, Virginia	Yes	herb	rich woods	Is sporadic in N.E.; more common S.+ W. - the related <i>H. canadense</i> is listed as Endangered in MA
<i>Impatiens biflora</i> or <i>pallida</i>	Jewelweed	Yes	annual	damp meadows and woodlands; doesn't like full sun	edible seeds taste like walnuts
<i>Juglans cinerea</i>	Butternut	Yes	medium -sized tree (to 40 ft.)	old fields; field edges; roadsides	nut inside egg-shaped husks/shells are milder than Black Walnuts

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<i>Juglans nigra</i>	Black Walnut	No*	medium to large tree	old fields; field edges/roadsides	*Not considered native to MA (native further S.) but now grows wild there - nuts ripen in October
<i>Lactuca canadensis</i>	Wild Lettuce	Yes	annual	field edges; old fields; woods road edges; roadsides	of the several wild species of <i>Lactuca</i> , this is the most palatable
<i>Lathyrus japonicus</i> var. <i>maritimus</i>	Beach Pea	Yes	annual	dunes and other seaside areas above high tide line	the tender green peas inside the pods are edible in moderation
<i>Ligusticum scoticum</i>	Scotch Lovage	Yes	herbaceous perennial	rocky areas near the ocean	young leaves, stems taste like cultivated lovage (a relative of celery)
<i>Lindera benzoin</i>	Spicebush	Yes	shrub (to 12 ft. tall)	understory tree in acidic hardwoods, esp, near small streams	twigs used for tea; berries may be dried + ground up for a Szechuan pepper-like seasoning
<i>Lonicera villosa</i>	Northern/Mountain Fly Honeysuckle (Waterberry)	Yes	small shrub	rich woods	Occurs more frequently in northern than southern New England
<i>Lycopus uniflorus</i>	Bugleweed	Yes	herbaceous perennial	damp meadows and pond shores	a tuber-bearing wild mint
<i>Maianthemum canadense</i>	Canada Mayflower (False Lily of the Valley)	Yes	herbaceous diminutive perennial ground cover	acidic woodlands - tolerates shade well	small red berries are edible but reputedly cathartic in large amounts
<i>Maianthemum</i> or <i>Smilacina racemosum</i>	False Solomon's Seal	Yes	herbaceous perennial	hardwood forests with rich humus layer	edible shoots and berries (cathartic in large amounts)
<i>Mattuecia struthiopteris</i>	Ostrich Fern	Yes	herbaceous perennial fern	alluvial (silty) floodplain soil esp. in less acidic areas	edible fiddleheads available in April; unsafe to eat raw
<i>Medeola virginiana</i>	Indian Cucumber	Yes	herbaceous perennial	acidic, damp woods with rich humus layer	harvesting the edible root kills the plant, so use sparingly - also don't pick rare orchid lookalike
<i>Mertensia maritima</i>	Oysterleaf	Yes*	herb	rocky/shelly areas just above the high tide line	*listed as Endangered in MA; more common in Northern/downeast Maine and further northward
<i>Michella repens</i>	Partridgeberry	Yes	herbaceous perennial	ground cover in acidic woods, typically under pines/hemlocks	pretty red berries are edible (but have almost no flavor)

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<i>Monarda didyma</i> + <i>fistulosa</i>	Bee Balm/Oswego Tea	Yes	herbaceous perennial	field edges and roadsides - likes sun	leaves used for tea and/or seasoning
<i>Morus alba</i>	Mulberry, White	No	Small to medium tree	field edges; roadsides; tolerates urban conditions	fruit ripens in June
<i>Morus rubra</i>	Mulberry, Red	Yes*	Small to medium tree	field edges; roadsides; tolerant of urban conditions	*native species ( <i>M. rubra</i> ) listed as Endangered in MA; non-native <i>M. alba</i> is common - hybrids also
<i>Myrica gale</i>	Sweet Gale	Yes	small shrub	in acidic swamps and along waterways	aromatic leaves used for tea
<i>Myrica pensylvanica</i>	Bayberry	Yes	Shrub	open areas; sandy soil	fresh leaves can be used as a substitute for commercial bay leaves
<i>Nelumbo lutea</i>	Lotus, American	No	herbaceous perennial aquatic emergent	shallow ponds and open marshy/swampy areas	*not native in MA; Native to Zone 7 or higher but will grow in Zone 5
<i>Nuphar variegata</i>	Spatterdock, Cow Lily	Yes	herbaceous perennial aquatic plant	shallow portions of lakes, ponds and slow-moving rivers	ripe seeds can reportedly be roasted in a skillet like popcorn
<i>Nymphaea</i> spp.,	White Water Lily	Yes	aquatic plant	shallow areas of lakes and ponds	
<i>Oenothera biennis</i>	Evening Primrose	Yes	biennial	old + cultivated fields, roadsides, above high tide line	a native weed with an edible root
<i>Opuntia humifusa</i>	Eastern Prickly Pear	Yes*	small cactus	dunes, barrier beaches and other sandy areas near ocean	*listed as endangered in MA and very uncommon in the wild in N.E.; more common further south
<i>Osmorrhiza longystylis</i>	Sweet Cicely	Yes	herbaceous perennial	rich woods; river floodplains; tolerates shade well	whole plant smells and tastes like licorice; closely related species ( <i>O. claytonii</i> ) does not
<i>Oxalis montana</i>	Wood Sorrel, Mountain or White	Yes	herb to 3" high	ground cover in acidic damp conifer woodlands	common in White Mountains; less common further south
<i>Oxyria digyna</i>	Mountain Sorrel	No	small herb	mountain tops and cool damp rocky areas	Only occurs in cold microhabitats in northern New England and further northward

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<i>Panax trifolium</i>	Dwarf Ginseng	Yes	herbaceous perennial	damp woods w/ good humus layer; often near streams	small, spherical tuber is edible - harvest only when abundant
<i>Passiflora incarnata</i>	Passionfruit (Maypops)	No*	herbaceous vine	railroad ballast and waste places - likes full sun	non-native to MA - Native to Zone 7 and higher - can grow in lower zones in warmer microclimates
<i>Physalis</i> spp. (* <i>P. heterophylla</i> is native to MA)	Ground Cherry, Husk Tomato	Yes*	annual	edges of cultivated fields; likes sun	ripe, tomato-like berries enclosed in papery husk (calyx) - ripens late summer onward
<i>Phytolacca americana</i>	Pokeweed	Yes	herbaceous perennial	field edges; roadsides; dirt piles and other disturbed areas; likes sun	only edible part are cooked shoots 4 -10" high (be sure to avoid the highly cathartic root)
<i>Plantago maritima</i> var. <i>juncoides</i>	Seaside Plantain (Goosetongue)	Yes	herbaceous perennial up to 10 " tall	rocky areas near the ocean	be careful not to mix up with Arrowgrass, <i>Triglochin maritima</i> , which can be poisonous
<i>Podophyllum peltatum</i>	May Apple	Yes*	herbaceous perennial	understory plant in hardwood forests with rich soil	*native status in MA is uncertain; ripe fruit is only edible part of plant
<i>Polygonatum</i> spp.	Solomon's Seal	Yes	herbaceous perennial	understory species in hardwood forests with rich humus layer	young shoots are edible
<i>Pontedaria cordata</i>	Pickerelweed	Yes	herbaceous perennial aquatic emergent	shallow margins of lakes, ponds and meandering rivers	young leaves and seeds are edible (but might not be tasty)
<i>Prunus maritima</i>	Beach Plum	Yes	small shrubby tree (to 8 feet tall)	dunes and other sandy areas near coastline	Can be found in sandy areas inland
<i>Prunus pensylvanica</i>	Fire or Pin Cherry	Yes	small tree (up to 25 feet)	pioneer species colonizing clearings and old fields	bright red fruit is very small but pleasant-tasting - ripens in July
<i>Prunus serotina</i>	Black Cherry	Yes	medium to large tree	pioneer species in cleared areas; field edges/roadsides	cherries ripen in the latter half of summer
<i>Prunus virginiana</i>	Choke Cherry	Yes	shrubby small tree (to 12 ft.)	old fields; field edges; roadsides; clearings - tolerates cool climate	a bit more common in northern New England than southern NE

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<i>Pteridium aquilinum</i>	Bracken Fern	Yes	herbaceous perennial fern	old fields; clearings; tolerates drier conditions than most other ferns	edible fiddleheads are tasty but carcinogenic in large amounts; eat sparingly (if at all)
<i>Pycnanthemum</i> spp.	Mountain Mint	Yes	small herb	edges of woods roads	can be uncommon so use sparingly
<i>Quercus alba</i>	White Oak	Yes	medium to large tree	hardwood forests; field edges; roadsides	acorns from this species tend to have lower levels of tannic acid, thereby requiring less leaching
<i>Quercus bicolor</i>	Oak, Swamp White	Yes	medium to large tree	wooded swamps; floodplains	acorns have reputedly less tannic acid content than most other Oak species
<i>Quercus prinus</i>	Chestnut Oak	Yes	medium to large tree	can tolerate dry, rocky and/or sloping conditions	acorns are edible after processing (leaching out the tannic acid)
<i>Rhexia virginica</i>	Meadow Beauty	Yes	small herb	wet open meadows and lake/pond shorelines	whole plant has tangy flavor; uncommon so use sparingly
<i>Rhodiola rosea</i>	Roseroot	No	herbaceous perennial	rocky exposed areas - usually close to the ocean	Mostly found in cold rocky coastal habitats in Maine and further northward - roots smell like roses
<i>Rhododendron (Ledum) groenlandicum</i>	Labrador Tea	No	small shrub	acidic, open rocky or boggy habitats	more common in northern New England and further north
<i>Rhus glabra</i>	Sumac, Smooth	Yes	shrub	old fields; field edges; roadsides	red fruit used to make a pink lemonade-like drink
<i>Rhus hirta (typhina)</i>	Sumac, Staghorn	Yes	Shrub to 15 feet tall	old fields; field edges; clearings	red fruit used to make a pink lemonade-like drink
<i>Ribes triste</i> and other spp.	Currants/Gooseberries	Yes*	small perennials (up to 4' tall) w/ spindly branches	understory plant in damp woodlands; can also grow near water	mixture of native/introduced species - all produce edible fruit
<i>Rosa</i> spp.	Wild Rose	Yes*	shrub	old fields, swamps	*The non-native <i>Rosa rugosa</i> is a better species for eating due to its large petals and hips
<i>Rubus chamaemorus</i>	Bakeapple Berry (Cloudberry)	No	herbaceous perennial (less than one foot tall)	boggy areas; seeps in open rocky areas	Mostly found in Northern New England Mountains and bogs and further north into Canada
<i>Rubus hispidus</i>	Dewberry	Yes	Prostrate blackberry cousin	old fields; clearings	fruit has the same size, appearance and flavor as upright blackberry species

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<i>Rubus idaeus</i>	Raspberry, Red	Yes	herbaceous perennial	old fields; field edges; woods clearings	tea made from the fresh or thoroughly dried leaves is edible, + medicinal for women
<i>Rubus occidentalis</i>	Raspberry, Black	Yes	herbaceous perennial	likes field edges	purplish-colored canes make the plants easy to spot in the "off-season"
<i>Rubus odoratus</i>	Flowering Raspberry	Yes	herbaceous perennial	roadsides; wooded clearings; likes cool damp conditions	showy pink flower and large maple-like leaves; not thorny
<i>Rubus</i> spp.	Blackberry	Yes	herbaceous perennial	old fields; field edges/roadsides; clearings	<i>R. allegheniensis</i> , <i>pensilvanicus</i> + several other spp. are native to MA
<i>Sagittaria latifolia</i>	Arrowhead (Wapato or Duck Potato)	Yes	herbaceous perennial emergent aquatic	shallow areas of lakes + ponds; sunny swamps	edible tubers are available Oct.-Mar
<i>Salicornia</i> spp.	Glasswort	Yes	herb	Grows in salty areas in coastal marshes	tender portions of plants can be eaten raw or pickled
<i>Sambucus canadensis</i>	Elderberry, Common	Yes	shrub (to 10 ft' tall)	wet open meadows	flowers used for beverages and fritters; ripe fruit edible after drying or cooking
<i>Sassafras albidum</i>	Sassafras	Yes	small tree (to 30 ft., but usually much smaller)	understory tree in hardwood forests; field edges; roadsides	aromatic root bark used for tea, candy, etc. - young leaves are dried for file powder
<i>Saxifraga</i> spp.	Saxifrage	Yes	herb	woodland seeps, esp. non-acidic	young leaves of several species are edible
<i>Schoenoplectus tabernaemontani</i>	Bulrush, Common (Soft-stemmed)	Yes	herbaceous perennial emergent aquatic	shallow ponds and open swamps	the plant is reputed to be edible in a similar fashion as cattail
<i>Smilax herbacea</i>	Carrion Flower	Yes	herbaceous perennial thornless vine	damp meadows + field/roadside edges; stinky flowers pollinated by carrion flies	harvest, cook and eat shoots like Asparagus (a relative)
<i>Solidago odora</i>	Sweet Goldenrod	Yes	herb	old fields; rocky areas; under power lines; sandy areas near the ocean	native to all counties in MA - leaves and flowers have a licorice-like flavor
<i>Stachys hyssopifolia</i>	Woundwort	Yes*	herb	damp meadows	* <i>S. hyssopifolia</i> is a "watch species" in MA - pick the non-native (to MA) <i>S. palustris</i> instead

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<i>Streptopus lanceolatus</i>	Twisted Stalk	Yes*	herb	rich woods; woodlands with rich humus layer	*species is "watch-listed" in MA, so shouldn't be harvested
<i>Tilia americana</i>	Basswood	Yes	medium to large tree	field edges, roadsides, river banks - can tolerate damp conditions	young leaves are edible raw; blossoms are used for an edible/medicinal tea
<i>Typha angustifolia</i>	Cattail, Narrow-leaved	Yes	herbaceous perennial emergent aquatic	shallow areas of waterways; marshy areas; likes full sun	has at least five different edible parts
<i>Typha latifolia</i>	Cattail, Common	Yes	herbaceous perennial aquatic emergent	shallow areas of waterways; marshy areas - likes full sun	has at least five different edible parts
<i>Ulmus rubra</i>	Elm, Slippery	Yes	medium-sized tree	damp fields; floodplains	
<i>Uvularia sessifolia</i>	Bellwort, Sessile	Yes	herbaceous perennial	woods with good humus layer - likes shade	young shoots are edible like asparagus
<i>Vaccinium angustifolium</i>	Blueberry, Lowbush	Yes	small shrub (up to 2 ft tall)	acidic woodlands, old fields, rocky and boggy areas	
<i>Vaccinium corymbosum</i>	Blueberry, Highbush	Yes	shrub (up to 8 ft tall)	acidic woodlands, old fields, lake/pond shorelines	
<i>Vaccinium macrocarpon</i>	Cranberry, Bog	Yes	prostrate vine - rarely more than a foot tall	acid bogs and seeps - likes sun	same species (and flavor) as the cultivated cranberry
<i>Vaccinium stamineum</i>	Deerberry	Yes	Small shrub	likes acidic rocky areas	
<i>Vaccinium vitis-idaea</i>	Cranberry, Mountain	Yes*	low-growing perennial (up to 1' tall)	mountain peaks and cool habitats in northern New England	same species as Lingonberry - *listed as endangered in MA
<i>Viburnum lantanoides (alnifolium)</i>	Hobblebush (Moosewood)	Yes	shrub	common understory plant in cool forests	fruit ripens in September and tastes like a prune with a hint of clove
<i>Viburnum lentago</i>	Nannyberry	Yes	shrub	wet meadows; near waterways	fruit ripens in September and is prune-like in flavor and texture
<i>Viburnum nudum or cassinoides</i>	Wild Raisin	Yes	shrub	understory plant in open hardwood forests	small fruit are ripe when purple-black in color
<i>Viburnum prunifolium</i>	Black Haw	Yes	shrub	damp meadows - likes partial to full sun	ripe fruit is edible, with prune-like texture and flavor
<i>Viburnum trilobum</i>	Highbush Cranberry	Yes	shrub	sunny swampy areas - more common in northern New England	Don't plant <i>V. opulus</i> , a European species that tastes horrible

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<i>Viola sororia</i>	Violet, Common Blue or Dooryard	Yes	herb	fields; meadows	there are many other violets, some rare + some w/ laxative effect - stick to eating this species
<i>Vitis labrusca</i>	Fox Grape	Yes	perennial vine	roadsides; field edges; river banks	large grapes are ripe the second week of Sept. - young leaves may be stuffed
<i>Vitis riparia</i>	Riverside Grape	Yes	perennial vine	roadsides, fences, field edges; river banks	fruit is smaller, ripens later and not as tasty as <i>V. labrusca</i> - young leaves are good for stuffing