



Edible Plant Species Native to the Northeast U.S. and E. Canada

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Common Name	Botanical Name	Native or	Preferred habitat	Comments
Box Elder	<i>Acer negundo</i>	Native	wetlands and other damp areas; floodplains	a species of Maple; sap may be tapped + boiled down for syrup
Maple, Red	<i>Acer rubrum</i>	Native	red maple swamps (of course)	can be tapped for sap like Sugar Maple
Maple, Silver	<i>Acer saccharinum</i>	Native	forested floodplains and other wet ground	can be tapped for sap like Sugar Maple; seeds are edible raw
Maple, Sugar	<i>Acer saccharum</i>	Native	hardwood forests; roadsides	sap is source of maple syrup and sugar
Sweet Flag (Calamus)	<i>Acorus americanus</i>	Native	wet fields and meadows; sunny wetlands; along waterways	the similarly-appearing <i>A. calamus</i> is apparently non-native to MA
Meadow Garlic	<i>Allium canadense</i>	Native	river floodplains, forests	all tender parts of the plant (leaves, flowers, bulbs) are edible
Wild Chives	<i>Allium schoenoprasum</i>	Native*	floodplains, meadows and fields, ridges or ledges, shores of rivers or lakes	*species is deemed to be nonnative to s. New Eng. + rare in N. New Eng., so use caution when picking
Wild Leek (Ramps)	<i>Allium tricoccum</i>	Native	rich, mesic woods, such as those pref. by maidenhair fern + Dutchman's breeches	over-collecting by commercial diggers is harming ramps + habitat - pick 1 leaf/plant only
Amaranth (Redroot Pigweed)	<i>Amaranthus retroflexus</i>	Native	Anthropogenic (man-made or disturbed habitats), common weed in farm fields	leaves/young plants edible (esp. cooked); ripe seeds can be ground into grain or popped like popcorn
Juneberry/Shadbush	<i>Amelanchier spp.</i>	Native	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
Hog Peanut	<i>Amphicarpaea bracteata</i>	Native	damp spots in woods w/ some sun; often on old woods roads	small subterranean seeds are available from late summer onward; tiny peas may be edible too

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Angelica	<i>Angelica atropurpurea</i>	Native	wet ground along rivers and streams, in full or partial sun	tender, emerging leaves are edible raw or cooked, young, boiled stems are sometimes candied
Seacoast Angelica	<i>Angelica lucida</i>	Native	rocky areas near the ocean	tender, emerging leaves are edible raw or cooked
Groundnut	<i>Apios americana</i>	Native	damp sandy, open areas, often near waterways	edible tubers (available year-round) + beans
Spikenard, American	<i>Aralia racemosa</i>	Native	rich, often rocky, deciduous forests, growing on moist soils	ripe berries are edible, and aromatic roots can be used to make a root beer-like beverage
Bearberry	<i>Arctostaphylos uva-ursi</i>	Native	sandy, slope-y areas in full sun	native american name is kinnickinnick - leaves are smoked - fruit is "bearly" edible
Silverweed, Saltmarsh	<i>Argentina (Potentilla) egedii</i>	Native	salt marshes - a closely-related species (<i>A. anserina</i>) may grow elsewhere	starchy root is edible - leaves may be used for tea
Chokeberry, Black	<i>Aronia melanocarpa</i>	Native	sunny, usually (but not always) damp soil; can tolerate rocky, acidic conditions	at its best, its flavor only tolerable as a raw fruit, but flavor is improved by cooking/sweetening
Wild Ginger*(see NOTE)	<i>Asarum canadense*(see NOTE)</i>	Native	rich, mesic woods, such as those pref. by maidenhair fern + Dutchman's breeches	*NOTE: while the plant's roots give off a gingery aroma, the plant has carcinogens so eat sparingly
Milkweed, Common	<i>Asclepias syriaca</i>	Native	old fields; field edges; roadsides	plant has at least four parts that are edible after boiling 7 minutes
Pawpaw	<i>Asimina triloba</i>	Native*	understory tree in rich woods	non-native to MA - Native to Zone 7+, but will grow in sheltered microclimates to Zone 5
Orache	<i>Atriplex spp.</i>	Native	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
Yellow Birch	<i>Betula alleghaniensis</i>	Native	hardwood forests	peeled twigs used for tea - sap can be drunk or boiled down to a molasses-like syrup
Black Birch	<i>Betula lenta</i>	Native	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

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Alpine Bistort	<i>Bistorta vivipara (Polygonum viviparum)</i>	Native	mountain summits and open rocky cold areas	Only occurs in colder microclimates in northern New England + further north - "rare" status in ME+NH
Sea Rocket	<i>Cakile edentula</i>	Native	on beaches, between the wrack line and the dune	leaves of this mustard family plant have a sharp, wasabi-like flavor - pick a few leaves/plant only
Marsh Marigold (Cowslip)	<i>Caltha palustris</i>	Native	wooded swamps, usually near small streams	young leaves harvested sparingly before the plants bloom are edible after boiling
Bellflower, Scotch	<i>Campanula rotundifolia</i>	Native	open rocky areas, in cracks. Gravel shores, ledges, cliffs, river banks	leaves are edible raw or cooked
Toothwort	<i>Cardamine (Dentaria) spp.</i>	Native	understory plant in rich woods	root has horseradish flavor - be careful not to disturb listed (protected) species in the genus
Pennsylvania bitter-cress	<i>Cardamine pensylvanica</i>	Native	wetlands, muddy river/lake/pond banks	raw and briefly cooked plant taste somewhat like Horseradish (a relative)
Pignut Hickory	<i>Carya glabra</i>	Native	woods and woods/field edges; more common in southern New England	ripe nuts are edible + usually have a nice flavor; <i>C. ovata</i> nuts are more reliably larger + tastier
Hickory, Shagbark	<i>Carya ovata</i>	Native	roadsides, field edges, hardwood forests	best trees for foraging are in the open + get lots of sun - nuts ripen in late Sep. through mid Oct.
Chestnut, American	<i>Castanea dentata</i>	Native	hardwood forests; field edges; roadsides	trees > 20 feet tall in good sunlight can produce viable nuts before blight hits
New Jersey Tea	<i>Ceanothus americanus</i>	Native	fields and field and road edges	leaves used for tea - roots host symbiotic bacteria that can fix nitrogen for plant uptake
Hackberry	<i>Celtis occidentalis</i>	Native	damp areas with some good sun exposure; will grow near water, including seacoast	both thin-fleshed fruit and starchy seed are edible
Redbud	<i>Cercis canadensis</i>	Native	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
Bunchberry	<i>Chamaepericlymenum canadense</i>	Native	northern and otherwise cooler woodlands; likes some sun	red berries are almost tasteless but edible

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Fireweed	<i>Chamerion (Epilobium) angustifolium</i>	Native	pioneer species following fires or clearcuts - like cool climate	young shoots and pith in older stems are edible
Strawberry-Blite	<i>Chenopodium capitatum</i>	Native	rocky areas, esp. near the ocean	more likely to be spotted in northern New England and further northward
Spring Beauty	<i>Claytonia virginica + caroliniana</i>	Native	rich woods and wooded floodplains - generally not found in acidic soils	*C. virginica listed as endangered in MA - edible tubers ("fairy spuds") and foliage
Clintonia (Corn Lily or Blue Bead Lily)	<i>Clintonia borealis</i>	Native	common in acidic woodlands in N. NE and cool woods further S	young (to 3") leaves are edible and taste like cucumber
Sweet Fern	<i>Comptonia peregrina</i>	Native	open areas; sandy/gravelly soil	aromatic leaves used for tea; small seeds edible - roots host symbiotic bacteria that fix nitrogen
Hazelnut, Common	<i>Corylus americana</i>	Native	old fields, clearings, roadsides, often under power lines	nuts are ripe the second week of September
Hazelnut, Beaked	<i>Corylus cornuta</i>	Native	old fields, clearings, roadsides, often under power lines	overlaps with but tends to range further north than C. americana
Hawthorn	<i>Crataegus spp.</i>	Native/Natural	old fields and field edges	fruits are red when ripe and vary in size and flavor
Honewort, Canada	<i>Cryptotaenia canadensis</i>	Native	Floodplain (river or stream floodplains); forests with rich, moist soil	entire plant is edible; flavor is like parsley (a relative)
Chufa (Nut Sedge)	<i>Cyperus esculentus</i>	Native	Anthropogenic (man-made or disturbed habitats), meadows and fields	small starchy tubers are edible (e.g., boiled + dried) and are said to have an almond-like flavor
Cinquefoil, Shrubby	<i>Dasiphora floribunda</i>	Native	Cliffs, balds, ledges; fens, meadows + fields, ridges, shores of rivers or lakes	can make tea from the leaves similar to wild strawberry
Persimmon	<i>Diospyros virginiana</i>	Native	old fields	non-native to MA - Native to Zone 7+ but will grow in lower-numbered zones in suitable microclimates

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Black Crowberry	<i>Empetrum nigrum</i>	Native	found on exposed mountain tops and ridges - higher elevations in northern N.E.	small fruit is edible but not particularly yummy
Trailing Arbutus (Mayflower)	<i>Epigaea repens</i>	Native	openings in acidic woodlands; sloping sides of paths+woodsroads - likes some sun	edible part are the spicy-scented flowers, which are the state flower of MA
Trout Lily, Dogtooth Violet	<i>Erythronium americanum</i>	Native	rich woods; wooded floodplains; woods with rich humus layer	cooked bulbs are edible; raw plant is reputedly nausea-inducing if you eat too much
Big-leaved Aster	<i>Eurybia macrophylla</i>	Native	understory species in woodlands	young tender leaves are edible
Beech	<i>Fagus grandifolia</i>	Native	often found in hardwood forests	nuts ripen in September; best trees for foraging grow in the open
Wild Strawberry	<i>Fragaria vesca</i>	Native	dappled sunlight along woods roads and woodland clearings	small but tasty fruit; seeds stick out (on F. virginiana, seeds are indented into the fruit)
Wild Strawberry	<i>Fragaria virginiana</i>	Native	old fields; mowed areas; roadsides	the fruit are small nut delectable; species likes cooler climate
Creeping Snowberry	<i>Gaultheria hispidula</i>	Native	cool, partial-to-full sun spots - often on old tree stumps	white berries the same size and flavor of wintergreen "Tic-Tacs"
Wintergreen	<i>Gaultheria procumbens</i>	Native	ground cover in acidic woodlands - can tolerate sun	leaves used for tea - berries also edible (though not very sweet)
Huckleberry, Black	<i>Gaylussacia baccata</i>	Native	acidic woodlands and clearings common understory plant in oak forests	black fruit ripens a bit later than blueberries
Dangleberry (Blue Huckleberry)	<i>Gaylussacia frondosa</i>	Native	understory plant in damp woods - occasionally grows in the open or partial shade	blue fruit ripens several weeks after the blueberries
Water or Purple Avens	<i>Geum rivale</i>	Native	likes wet meadowy ground; can tolerate a bit of shade	root can supposedly be used to make a chocolate-like drink
Jerusalem Artichoke	<i>Helianthus tuberosus</i>	Native	field edges floodplains; likes full sun	a Sunflower cousin w/ edible tubers *although here in 1620, species originated in Central N. America

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Cow Parsnip	<i>Heracleum maximum</i>	Native	wet meadows, stream banks, roadside ditches	young leaves and stems are edible, preferably boiled to reduce the strongly aromatic flavor
Rose Mallow, Swamp	<i>Hibiscus moscheutos</i>	Native	in wet open meadows or in wet ground along waterways	species is related to Marsh Mallow (<i>Althaea officinalis</i>), for which the confection was named
Beach Greens (Seabeach Sandwort)	<i>Honckenya peploides</i>	Native	Grows in sandy areas near high tide line	entire green part of plant is edible
Waterleaf, Virginia	<i>Hydrophyllum virginianum</i>	Native	rich woods	Is sporadic in N.E.; more common S.+ W. - the related <i>H. canadense</i> is listed as Endangered in MA
Jewelweed	<i>Impatiens biflora or pallida</i>	Native	damp meadows and woodlands; doesn't like full sun	edible seeds taste like walnuts
Butternut/White Walnut	<i>Juglans cinerea</i>	Native	old fields; field edges; roadsides	nut inside egg-shaped husks/shells are milder than Black Walnuts
Black Walnut	<i>Juglans nigra</i>	Native*	old fields; field edges/roadsides	*Not considered native to MA (native further S.) but now grows wild there - nuts ripen in October
Juniper, Common	<i>Juniperus communis</i>	Native	sunny rocky areas	aromatic berries are edible in moderation
Juniper, Creeping	<i>Juniperus horizontalis</i>	Native*	sunny rocky areas	*this species is rare in southern New England - aromatic berries are edible in moderation
Eastern Red Cedar	<i>Juniperus virginiana</i>	Native	old fields, roadsides, sunny edges	aromatic berries are edible in moderation
Wild Lettuce	<i>Lactuca canadensis</i>	Native	field edges; old fields; woods road edges; roadsides	of the several wild species of <i>Lactuca</i> , this is the most palatable
Wood Nettle	<i>Laportea canadensis</i>	Native	understory plant under hardwoods, usually mesic or damp soils	can be harvested and used (eaten aftercooking) in similar fashion to Stinging Nettle, <i>Urtica dioica</i>
Beach Pea	<i>Lathyrus japonicus var. maritimus</i>	Native	dunes and other seaside areas above high tide line	the shoots + tender green peas inside the pods are edible cooked, in moderation

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Pepperweed, Poor-man's	<i>Lepidium virginianum</i>	Native	Anthropogenic (man-made or disturbed habitats), meadows and fields	leaves, flowers and seeds are edible - fresh seedpods have a peppery flavor like watercress
Scotch Lovage	<i>Ligusticum scoticum</i>	Native	rocky areas near the ocean	young leaves, stems taste like cultivated lovage (a relative of celery)
Canada Lily	<i>Lilium canadense</i>	Native	stream+ river banks, wetland borders, high-terrace floodplain forests, roadsides	bulbs are edible raw or cooked, but plant is rarely abundant and too pretty to pick
Lily, Wood	<i>Lilium philadelphicum</i>	Native	Man-made or disturbed habitats, grassland, sandplains and barrens, woodlands	while bulbs are edible, species is too pretty and increasingly uncommon (due to deer), so don't pick
Turk's Cap Lily	<i>Lilium superbum</i>	Native	Floodplain forests and thickets, often in full sun	cooked bulbs are edible
Spicebush	<i>Lindera benzoin</i>	Native	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
Northern/Mountain Fly Honeysuckle (Waterberry)	<i>Lonicera villosa</i>	Native	rich woods	Occurs more frequently in northern than southern New England
Bugleweed/Water Horehound	<i>Lycopus uniflorus</i>	Native	damp meadows and pond shores	a tuber-bearing wild mint - tubers are edible raw or cooked
Canada Mayflower (False Lily of the Valley)	<i>Maianthemum canadense</i>	Native	acidic woodlands - tolerates shade well	small red berries are edible but reputedly cathartic in large amounts
False Solomon's Seal	<i>Maianthemum or Smilacina racemosum</i>	Native	hardwood forests with rich humus layer	edible shoots and berries (reputedly cathartic in large amounts)
Starry False Solomon's Seal	<i>Maianthemum stellatum</i>	Native	understory plant, in partial shade - most commonly encountered near the coast	shoots and ripe berries are edible; flowers and berries are larger and prettier than M. racemosa
Ostrich Fern	<i>Matteuccia struthiopteris</i>	Native	alluvial (silty) floodplain soil esp. in less acidic areas	edible fiddleheads available in April; unsafe to eat raw
Indian Cucumber	<i>Medeola virginiana</i>	Native	acidic, damp woods with rich humus layer	harvesting the edible root kills the plant, so use sparingly - also don't pick rare orchid lookalike

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American Wild Mint	<i>Mentha canadensis</i>	Native	meadows and fields, shores of rivers or lakes, swamps	leaves have a "minty" aroma/flavor similar to spearmint or peppermint (both are non-native species)
Oysterleaf	<i>Mertensia maritima</i>	Native	rocky/shelly areas just above the high tide line	*listed as Endangered in MA; more common in Northern/downeast Maine + further N. - leaves edible
Partridgeberry	<i>Michella repens</i>	Native	ground cover in acidic woods, typically under pines/hemlocks	pretty red berries are edible (but have almost no flavor)
Wild Bergamot	<i>Monarda fistulosa</i>	Native	field edges and roadsides - likes sun	oregano-scented/flavored leaves used for seasoning and/or tea
Bee-balm, Spotted; Horsemint	<i>Monarda punctata</i>	Native*	Man-made or disturbed habitats, forest edges, meadows and fields	leaves are used sparingly for tea; thymol in tea can be harmful in larger amounts
Bayberry	<i>Morella caroliniensis</i> (form. <i>Myrica pensylvanica</i>)	Native	open areas; sandy soil	fresh leaves can be used as a substitute for commercial bay leaves
Mulberry, Red	<i>Morus rubra</i>	Native	field edges; roadsides; tolerant of urban conditions	*native species (M. rubra) listed as Endangered in MA; non-native M. alba is common - hybrids also
Sweet Gale	<i>Myrica gale</i>	Native	in acidic swamps and along waterways	aromatic leaves used for tea - roots host symbiotic bacteria that can fix nitrogen for plant uptake
Lotus, American	<i>Nelumbo lutea</i>	Native*	shallow ponds and open marshy/swampy areas	*not native in MA; Native to Zone 7 or higher but will grow in Zone 5 - edible seeds + tubers
Spatterdock, Cow Lily	<i>Nuphar variegata</i>	Native	shallow portions of lakes, ponds and slow-moving rivers	ripe seeds can reportedly be roasted in a skillet like popcorn
White Water Lily	<i>Nymphaea spp.</i>	Native	shallow areas of lakes and ponds	flower buds are edible boiled; other parts of the plants may also be edible
Tupelo/Black Gum	<i>Nyssa sylvatica</i>	Native	damp woodlands	pulp of blue fruits is thin-fleshed and sour but edible
Evening Primrose	<i>Oenothera biennis</i>	Native	old + cultivated fields, roadsides, above high tide line	a native weed with an edible root after cooking; other tender parts of the plant are also edible

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Eastern Prickly Pear	<i>Opuntia humifusa</i>	Native	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
Sweet Cicely; Aniseroot	<i>Osmorhiza longistylis</i>	Native	rich woods; river floodplains; tolerates shade well	whole plant smells and tastes like licorice; closely related species (<i>O. claytonii</i>) does not
Wood Sorrel, Mountain or White	<i>Oxalis montana</i>	Native	ground cover in acidic damp conifer woodlands	common in White Mountains; less common further south
Wood Sorrel, Violet	<i>Oxalis violacea</i>	Native	grows on ridges and rocky slopes under a partially open forest canopy	*this is a listed (uncommon) species in New England, so should not be gathered from the wild
Mountain Sorrel	<i>Oxyria digyna</i>	Native	mountain tops and cool damp rocky areas	Only occurs in cold microhabitats in northern New England and further northward
Dwarf Ginseng	<i>Panax trifolium</i>	Native	damp woods w/ good humus layer; often near streams	small, spherical tuber is edible - harvest only when abundant
Passionfruit (Maypops)	<i>Passiflora incarnata</i>	Native*	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
Ground Cherry, Husk Tomato	<i>Physalis spp. (*P. heterophylla is native to MA)</i>	Native	edges of cultivated fields; likes sun	ripe, tomato-like berries enclosed in papery husk (calyx) - ripens late summer onward
Pokeweed	<i>Phytolacca americana</i>	Native	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)
White Pine	<i>Pinus strobus</i>	Native	often grows in extensive stands in former old fields	young needles, branchlets, male cones are edible raw or cooked; needles used for tea
Seaside Plantain (Goosetongue)	<i>Plantago maritima var. juncoides</i>	Native	rocky areas near the ocean	be careful not to mix up with Arrowgrass, <i>Triglochin maritima</i> , which can be poisonous
May Apple	<i>Podophyllum peltatum</i>	Native	understory plant in hardwood forests with rich soil	*native status in MA is uncertain; ripe fruit is only edible part of plant
Solomon's Seal	<i>Polygonatum spp.</i>	Native	understory species in hardwood forests with rich humus layer	young shoots are edible
Pickerelweed	<i>Pontedaria cordata</i>	Native	shallow margins of lakes, ponds and meandering rivers	young leaves and seeds are edible (but might not be tasty)

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Plum, American	<i>Prunus americana</i>	Native	sunny fields, roadsides, power line corridors	smallish fruit, red when ripe, varies in flavor but can be just about as good as a domesticated plum
Beach Plum	<i>Prunus maritima</i>	Native	dunes and other sandy areas near coastline	Can be found in sandy areas inland
Plum, Canada	<i>Prunus nigra</i>	Native	sunny fields, roadsides, power line corridors	smallish fruit, red when ripe, varies in flavor but can be just about as good as a domesticated plum
Fire or Pin Cherry	<i>Prunus pensylvanica</i>	Native	pioneer species colonizing clearings and old fields	bright red fruit is very small but pleasant-tasting - ripens in July
Sand Cherry	<i>Prunus pumila</i>	Native*	cliffs, balds, or ledges, shores of rivers or lakes, talus and rocky slopes	fruit is small but edible - species is rare in much of New Eng.
Black Cherry	<i>Prunus serotina</i>	Native	pioneer species in cleared areas; field edges/roadsides	cherries ripen in the latter half of summer
Choke Cherry	<i>Prunus virginiana</i>	Native	old fields; field edges; roadsides; clearings - tolerates cool climate	a bit more common in northern New England than southern NE
Bracken Fern	<i>Pteridium aquilinum</i>	Native	old fields; clearings; tolerates drier condions than most other ferns	edible cooked fiddleheads are tasty but carcinogenic in large amounts; eat sparingly (if at all)
Mountain Mint	<i>Pycnanthemum spp.</i>	Native	edges of woods roads + paths with some sun	can be uncommon so use sparingly when gathering from the wild;
White Oak	<i>Quercus alba</i>	Native	hardwood forests; field edges; roadsides	acorns from this species tend to have lower levels of tannic acid, thereby requiring less leaching
Swamp White Oak	<i>Quercus bicolor</i>	Native	wooded swamps; floodplains	acorns have reputedly less tannic acid content than most other Oak species
Bur Oak	<i>Quercus macrocarpa</i>	Native	Bottomland forests and swamps in deep floodplain soil	acorns are edible after processing
Chestnut Oak	<i>Quercus prinus</i>	Native	can tolerate dry, rocky and/or sloping conditions	acorns are edible after processing (leaching out the tannic acid)

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Red Oak	<i>Quercus rubra</i>	Native	in forests, roadsides	acorns are edible, but may require more extensive leaching than Q. alba to render them palatable
Meadow Beauty	<i>Rhexia virginica</i>	Native	wet open meadows and lake/pond shorelines	whole plant has tangy flavor; uncommon so use sparingly
Roseroot	<i>Rhodiola rosea</i>	Native	rocky exposed areas - usually close to the ocean	Mostly found in cold rocky coastal habitats in Maine and further northward - roots smell like roses
Labrador Tea	<i>Rhododendron (Ledum) groenlandicum</i>	Native	acidic, open rocky or boggy habitats	more common in northern New England and further north - leaves used (in moderation) for tea
Sumac, Fragrant	<i>Rhus aromatica</i>	Native*	sunny areas with sandy/gravelly soil	*while nat. range of species is w. of New Eng. it will grow here; ripe berries used as other Sumacs
Winged (aka Shining) Sumac	<i>Rhus copallinum</i>	Native	sunny fields, roadsides, power line corridors	sour fruit used to make a pink lemonade-like beverage
Sumac, Smooth	<i>Rhus glabra</i>	Native	old fields; field edges; roadsides	red fruit used to make a pink lemonade-like drink - peeled young shoots are also edible
Sumac, Staghorn	<i>Rhus typhina (hirta)</i>	Native	old fields; field edges; clearings	red fruit used to make a pink lemonade-like drink - peeled young shoots are also edible
Currants/Gooseberries	<i>Ribes triste and other spp.</i>	Native	understory plant in damp woodlands; can also grow near water	mixture of native/introduced species - all produce edible fruit
Wild Rose	<i>Rosa spp.</i>	Native/Natural	old fields, swamps	*The non-native Rosa rugosa is better species for eating due to its larger + tastier petals and hips
Rose, Virginia	<i>Rosa virginiana</i>	Native	Anthropogenic (man-made or disturbed habitats), meadows and fields	petals and hips are edible (although those of the non-native R. Rugosa are larger + tastier)
Bakeapple Berry (Cloudberry)	<i>Rubus chamaemorus</i>	Native	boggy areas; seeps in open rocky areas	Mostly found in Northern New England Mountains and bogs and further north into Canada

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Dewberry, Northern	<i>Rubus flagellaris</i>	Native	sunny and sandy soil	fruit is very similar to Blackberry but ripens earlier (July)
Dewberry, Swamp	<i>Rubus hispidus</i>	Native	old fields; clearings	fruit has similar size, appearance + flavor as upright blackberry species, and ripens the same time
Raspberry, Red	<i>Rubus idaeus</i>	Native	old fields; field edges; woods clearings	tea made from the fresh or thoroughly dried leaves is edible, + medicinal for women
Raspberry, Black	<i>Rubus occidentalis</i>	Native	likes field edges	purplish-colored canes make the plants easy to spot in the "off-season"
Flowering Raspberry	<i>Rubus odoratus</i>	Native	roadsides; wooded clearings; likes cool damp conditions	showy pink flower + large maple-like leaves; not thorny- fruit pulp is a bit thin + dry but OK taste
Dwarf Raspberry	<i>Rubus pubescens</i>	Native	Forests, swamps, (edges of wetlands + woods roads with dappled sun	red raspberry-like fruit is edible + often ripens earlier than regular Red Raspberry
Blackberry	<i>Rubus spp.</i>	Native	old fields; field edges/roadsides; clearings	<i>R. allegheniensis</i> , <i>pensilvanicus</i> + several other spp. are native to MA
Sochan (Cut-leaf or Green-headed) Coneflower)	<i>Rudbeckia lacinata</i>	Native	floodplains, forests, shores of rivers or lakes, swamps, wetland margins	shoots and leaves are edible (e.g., fried in a pan)
Arrowhead (Wapato or Duck Potato)	<i>Sagittaria latifolia</i>	Native	shallow areas of lakes + ponds; sunny swamps	edible tubers are available Oct.-Mar
Glasswort	<i>Salicornia spp.</i>	Native	Grows in salty areas in coastal marshes	tender portions of plants can be eaten raw, steamed or pickled; pick tender tips only
Elderberry, Common/Black	<i>Sambucus nigra (aka canadensis)</i>	Native	wet open meadows	flowers used for beverages and fritters; ripe fruit edible after drying or cooking
Sassafras	<i>Sassafras albidum</i>	Native	understory tree in hardwood forests; field edges; roadsides	aromatic root bark used for tea, candy, etc. - young leaves are dried for file powder
Saxifrage	<i>Saxifraga spp.</i>	Native	woodland seeps, esp. non-acidic	young leaves of several species are edible
Bulrush, Common (Soft-stemmed)	<i>Schoenoplectus tabernaemontani</i>	Native	shallow ponds and open swamps	the plant is reputed to be edible in a similar fashion as cattail

Common Name	Botanical Name	Native or	Preferred habitat	Comments
Carrion Flower	<i>Smilax herbacea</i>	Native	damp meadows + field/roadside edges; stinky flowers pollinated by carrion flies	harvest, cook and eat shoots like Asparagus (a relative)
Sweet Goldenrod	<i>Solidago odora</i>	Native	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
Woundwort	<i>Stachys hyssopifolia</i>	Native	damp meadows	* <i>S. hyssopifolia</i> is a "watch species" in MA - pick the non-native (to MA) <i>S. palustris</i> instead
Twisted-stalk	<i>Streptopus amplexifolius</i>	Native	understory species near stream courses, found more frequently in mtns.	leaves are edible, as is fruit (which is reminiscent of cucumber or watermelon)
Twisted Stalk	<i>Streptopus lanceolatus</i>	Native	rich woods; woodlands with rich humus layer	*species is "watch-listed" in MA, so shouldn't be harvested from the wild in that state
Basswood/American Linden	<i>Tilia americana</i>	Native	field edges, roadsides, river banks - can tolerate damp conditions	leaf buds and young leaves are edible raw; blossoms are used for an edible/medicinal tea
Red Trillium/Wakerobin	<i>Trillium erectum</i>	Native	moist, deciduous forests, under ash, sugar maple or basswood	young leaves edible raw or cooked + taste like cucumber; gather only when abundant
Cattail, Common	<i>Typha latifolia</i>	Native	shallow areas of waterways; marshy areas - likes full sun	has at least five different edible parts
Elm, Slippery	<i>Ulmus rubra</i>	Native	damp fields; floodplains	seeds and inner bark are edible
Nettle, Stinging	<i>Urtica dioica ssp. Gracilis</i>	Native	manured soil, such as at farms, or along rivers receiving sewage effluent	steam young leaves to remove sting, then use like spinach; the related <i>U. dioica</i> is non-native
Bellwort, Large-flowered	<i>Uvularia grandiflora</i>	Native	Rich mesic hardwood forests, mostly in calcareous soils.	roots, shoots and leaves are edible
Bellwort, Perfoliate	<i>Uvularia perfoliata</i>	Native	woods with good humus layer - likes shade	young shoots are edible like asparagus
Bellwort, Sessile	<i>Uvularia sessifolia</i>	Native	common understory herb of deciduous forests, esp. under Ash, Maple or Linden	young shoots and flowers are edible

Common Name	Botanical Name	Native or	Preferred habitat	Comments
Blueberry, Lowbush	<i>Vaccinium angustifolium</i>	Native	acidic woodlands, old fields, rocky and boggy areas	flowers and berries are edible
Blueberry, Highbush	<i>Vaccinium corymbosum</i>	Native	acidic woodlands, old fields, lake/pond shorelines	flowers and berries are edible
Cranberry, Bog	<i>Vaccinium macrocarpon</i>	Native	acid bogs and seeps - likes sun	same species (and flavor) as the cultivated cranberry
Cranberry, Small	<i>Vaccinium oxycoccos</i>	Native	acid bogs and seeps - likes sun	fruit has similar flavor (albeit smaller than) <i>V. macrocarpon</i> : cranberry species that is cultivated
Deerberry	<i>Vaccinium stamineum</i>	Native	likes acidic rocky areas	berries are edible
Cranberry, Mountain	<i>Vaccinium vitis-idaea</i>	Native	mountain peaks and cool habitats in northern New England	same species as Lingonberry - *listed as endangered in MA
Squashberry	<i>Viburnum edule</i>	Native	open meadows, along streams + rural roadsides; *natural range is N. part of N.NE	<i>V. edule</i> is consistently tasty (tho tart) and is the tastiest of the various "highbush cranberries"
Hobblebush (Moosewood)	<i>Viburnum lantanoides (alnifolium)</i>	Native	common understory plant in cool forests	fruit ripens in September and tastes like a prune with a hint of clove
Nannyberry	<i>Viburnum lentago</i>	Native	wet meadows; near waterways	fruit ripens in September and is prune-like in flavor and texture
Wild Raisin	<i>Viburnum nudum or cassinoides</i>	Native	understory plant in open hardwood forests	small fruit are ripe when purply-black in color
Black Haw	<i>Viburnum prunifolium</i>	Native	damp meadows - likes partial to full sun - native only as far as SW New England	ripe fruit is edible, with prune-like texture and flavor. Species occurs in MA, even if non-native
Highbush Cranberry	<i>Viburnum trilobum</i>	Native	sunny swampy areas - more common in northern New England	Don't plant <i>V. opulus</i> , a European species that tastes horrible
Violet, Common Blue or Dooryard	<i>Viola sororia</i>	Native	fields; meadows	there are many other violets, some rare + some w/ laxative effect - stick to eating this species
Fox Grape	<i>Vitis labrusca</i>	Native	roadsides; field edges; river banks	large grapes are ripe the second week of Sept. - young leaves may be stuffed

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Riverside Grape	<i>Vitis riparia</i>	Native	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
Prickly-ash, Common	<i>Zanthoxylum americanum</i>	Native	sunny roadsides, power lines, occurs mostly in w. N.E. where soil is less acidic	fruit and foliage have a mouth-numbing quality; fruit is related to Szechuan peppercorns
Wild Rice, Southern	<i>Zizania aquatica</i>	Native	still and slow-moving shallow water, rooted in silty and muddy flats	ripe seed of this grass is "wild rice"
Wild Rice, Northern	<i>Zizania palustris</i>	Native	still and slow-moving shallow water, rooted in silty and muddy flats	ripe seed is "wild rice"; <i>Z. palustris</i> is listed in MA, so gathering wild seed is restricted there