



List updated March 2011

Farm & Native Plant Nursery

Proud to be 100% NY Native!

Edible Native Plants

Many of our native plants aren't just tasty to wildlife!

Native plants can provide food all season long. Fiddleheads in the spring, Serviceberries in the Summer, and Blueberries in the Fall. However, you need to make sure you know what part of the plant to eat and how to prepare it. We strongly encourage you to learn more about identification and consult a field guide before eating any plants in the wild. For instance, the fruit of the mayapple is edible, but the rest of the plant is poisonous. And you can't just eat any fiddlehead - you need to make sure it is the right kind of fern. So if you are interested in the bounty that native plants have to offer - do a little research - and start enjoying native plants in a whole new way!



Ostrich Fern

Ferns

ATHYRIUM FILIX-FEMINA Lady Fern

MATTEUCCIA STRUTHIOPTERIS Ostrich Fern

PTERIDIUM AQUILINUM Bracken Fern

You can eat all 3, but Ostrich Fern is the most common.



Purple-flowering Raspberry



Solomon's Seal

Wildflowers

ASARUM CANADENSE Wild Ginger

EPILOBIUM ANGUSTIFOLIUM Fireweed

HIBISCUS MOSCHEUTOS Crimsoyed Rosemallow

MONARDA DIDYMA Beebalm

MONARDA FISTULOSA Wild Bergamot

PODOPHYLLUM PELTATUM Mayapple

POLYGONATUM COMMUTATUM Solomon's Seal

Shrubs

AMELANCHIER CANADENSIS Serviceberry

ARONIA MELANOCARPA Black Chokeberry

CORYLUS AMERICANA Hazelnut

GAULTHERIA PROCUMBENS Winterberry

ROSA PALUSTRIS Swamp Rose

RUBUS ODORATUS Purple-flowering Raspberry

SAMBUCUS CANADENSIS Elderberry

VACCINIUM CORYMBOSUM Highbush Blueberry

VACCINIUM ANGUSTIFOLIUM Lowbush Blueberry