



Nibbling on Natives in your Backyard and Beyond

by [Russ Cohen](#) - sponsored by the [Wild Seed Project](#), and presented at the Maine Organic Farmers and Gardeners Association (MOFGA)'s Common Ground Country Fair, Unity Maine, September 24, 2017.



- There has been a burgeoning interest in recent years in restoring native plants to our gardens, yards and landscapes (e.g., as evidenced by the 2010 formation of the group Grow Native Massachusetts).

- This movement got a major boost several years ago from the publication of the book *Bringing Nature Home: How Native Plants Sustain Wildlife in our Gardens*.

- In *Bringing Nature Home*, author and University of Delaware Entomology Professor Doug Tallamy makes a compelling case for the key role that native plant species play in supporting our native species of wildlife, particularly insects (such as butterflies and moths), which (in addition to their intrinsic value) serve as a major source of nourishment for nestling birds.

BRINGING NATURE HOME



How Native Plants
Sustain Wildlife
in Our Gardens

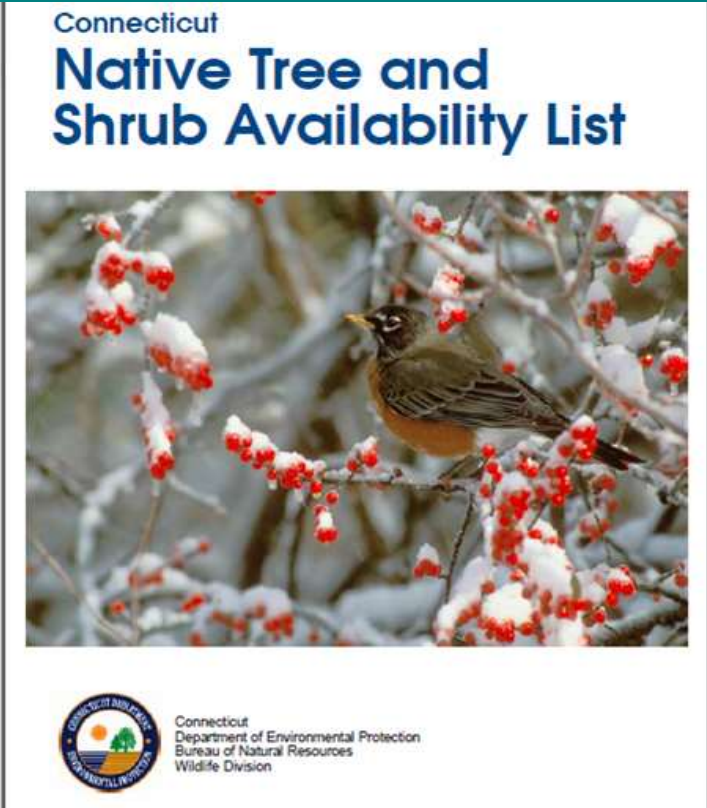
DOUGLAS W. TALLAMY

Hometown Habitat, a documentary film that extols the virtues of native plants, and features Tallamy, was released in the spring of 2016



Volunteers planting native plant species along the banks of the Housatonic River just east of downtown Great Barrington, MA as part of the [River Walk](#) community project

A few examples of outreach materials intended to promote and facilitate the planting of native species --



Gardening to Conserve Maine's Native Landscape: Plants to Use and Plants to Avoid

National Wildlife Federation's Community Wildlife Habitat Program

Native Plant List - Portland Water District

Excerpt from [Rhode Island Coastal Plant Guide](#) - while extremely informative and user-friendly, note the lack of an "edible by humans" column

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RHODE ISLAND COASTAL PLANT GUIDE

College of the Environment and Life Sciences
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50 of 231 Species

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Species	Common Name	Zone	Plant Type	Native Status	Full Sun	Shade Tolerant	Drought Tolerant	Wet Sites	Wind Tolerant	Na: Spray Tolerant	Na: Soil Tolerant	Acid Tolerant	pH Adapt	Rain Gardens	Dune Plant	Height	Width
<i>Alnus incana</i> ssp. <i>rugosa</i>	Speckled Alder	1	Shrub	+	+	+	+	+	+	+	-	+	-	-	-	>10'	6-12'
<i>Alnus serrulata</i>	Common Alder	1	Shrub	+	+	+	+	+	+	+	-	+	-	-	-	>10'	6-12'
<i>Amelanchier arborea</i> !	Serviceberry	1	Tree	+	+	+	+	-	+	+	-	+	-	+	-	>10'	15-25'
<i>Amelanchier canadensis</i> !	Shadbush	1	Shrub	+	+	+	+	+	+	+	+	+	+	+	+	>10'	variable
<i>Amelanchier laevis</i> !	Allegheny Serviceberry	1	Tree	+	+	+	+	-	+	+	+	+	+	+	-	>10'	15-25'
<i>Amelanchier stolonifera</i> !	Running Serviceberry	1	Shrub	+	+	+	+	+	+	+	+	+	+	-	-	2-6'	variable
<i>Ammophila breviligulata</i>	American Beach Grass	1	Grass	+	+	-	+	-	+	+	+	-	-	-	+	2-6'	-
<i>Andropogon gerardii</i>	Big Bluestem	1	Grass	+	+	-	+	-	+	+	+	-	-	-	-	6-10'	2'
<i>Andropogon glomeratus</i>	Bushy Bluestem	2	Grass	+	+	-	+	+	-	-	-	-	-	-	-	<2'	-
<i>Andropogon virginicus</i>	Broomsedge	1	Grass	+	+	-	+	-	+	+	+	+	-	-	-	2-6'	1-2'
<i>Arctostaphylos uva-ursi</i>	Bearberry	1	Shrub	+	+	+	+	-	+	+	+	+	-	+	-	<2'	variable
<i>Asclepias tuberosa</i>	Butterfly Milkweed	2	Per.	+	+	-	+	-	-	-	-	-	-	+	-	2-6'	2'
<i>Atriplex</i> sp.	Salt Bush	1	Shrub	+	+	-	+	-	-	+	+	-	-	-	+	<2'	6'
<i>Baccharis halimifolia</i>	Groundsel-bush	1	Shrub	+	+	-	+	-	+	+	+	+	+	-	-	>10'	5-12'
<i>Baptisia tinctoria</i>	False Indigo	1	Per.	+	+	-	+	-	+	+	-	-	-	-	-	2-6'	2-3'
<i>Betula populifolia</i>	Gray Birch	2	Tree	+	+	+	+	+	+	-	-	-	+	-	-	>10'	10-20'
<i>Carex flaccosperma</i>	Thin Fruit Sedge	2	Grass	+	+	+	+	-	-	-	-	+	+	-	-	<2'	6-12"
<i>Carex pensylvanica</i>	Pennsylvania Sedge	1	Grass	+	+	+	+	-	+	-	-	+	-	-	-	<2'	6-9"
<i>Carex platyphylla</i>	Broadleaf Sedge	2	Grass	+	-	+	+	-	+	-	-	+	+	-	-	<2'	10"
<i>Carex stricta</i>	Tussock Sedge	2	Grass	+	+	+	+	+	-	-	-	+	-	+	-	<2'	1.5-2'
<i>Carya ovata</i>	Shagbark Hickory	2	Tree	+	+	+	+	-	-	-	-	+	+	-	-	>10'	-
<i>Ceanothus americanus</i>	New Jersey Tea	2	Shrub	+	+	+	+	-	-	-	-	+	+	-	-	2-6'	3-5'
<i>Celtis occidentalis</i>	Common Hackberry	2	Tree	+	+	-	+	+	-	-	-	+	+	-	-	>10'	40-60'

The *RI Native Plant Guide* (<http://web.uri.edu/rinativeplants>) now does include information on each species' edibility (see the "ED" column below), and the list is sortable by category (i.e., the image below is the beginning of an alphabetical listing of all the edible plants in the database.) Also note the related "[Rhody Native](#)" program, which informs people about local nurseries where many of these plants are ethically propagated, and are available for purchase.

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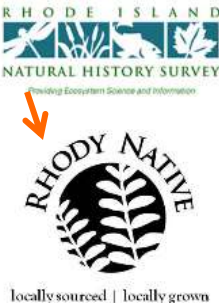



RI NATIVE PLANT GUIDE

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RI Native Plant Guide developed in collaboration with the Rhode Island Natural History Survey and their Rhody Native Initiative.





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Database Search Results:

Latin Name	Common Name	I	FS	SH	ED	MD	BD	PL	DT	WT	CT
<i>Acer rubrum</i>	red maple	T	X	X	X	X	X	X	X	X	X
<i>Acer saccharinum</i>	silver maple	T	X	X	X			X		X	
<i>Acer saccharum</i> var. <i>saccharum</i>	sugar maple	T	X	X	X	X	X	X			
<i>Allium canadense</i>	meadow garlic	P		X	X				X	X	
<i>Allium tricoccum</i> var. <i>tricoccum</i>	ramps, wild leek	P		X	X	X					
<i>Amelanchier arborea</i>	common serviceberry, downy shadbush	T	X	X	X		X	X	X	X	X
<i>Amelanchier canadensis</i>	Canadian serviceberry, eastern shadbush	S	X	X	X		X	X	X	X	X
<i>Amelanchier laevis</i>	smooth serviceberry, smooth shadbush	S	X	X	X	X	X	X	X	X	X
<i>Amelanchier spicata</i>	dwarf serviceberry, dwarf shadbush	S	X	X	X		X	X	X	X	X
<i>Angelica atropurpurea</i>	purple-stemmed angelica	P	X	X	X	X		X		X	X
<i>Apios americana</i>	common groundnut	V	X	X	X	X			X	X	
<i>Arctostaphylos uva-ursi</i>	kinnikinnick, red bearberry	P	X		X	X			X		X

► Take-home message from this talk: the “you can eat it too” attribute of many native species offers a powerful incentive for people and organizations to “go native” in their landscaping, that were insufficiently swayed to do so by the ecological rationale alone.



Flora of Maine

a Manual for Identification
of Native and Naturalized Vascular Plants
of Maine



Arthur Haines
Thomas F. Vining



**FEDCO
TREES**

Wild Seed Project

► You may want to consult appropriate reference works to determine which plant species are deemed to be native to your area.

See, e.g., the book [Flora of Maine: A Manual for Identification of Native and Naturalized Vascular Plants of Maine](#)

See also the Maine Natural Areas Program's [Natural Communities and Ecosystems](#) web page.

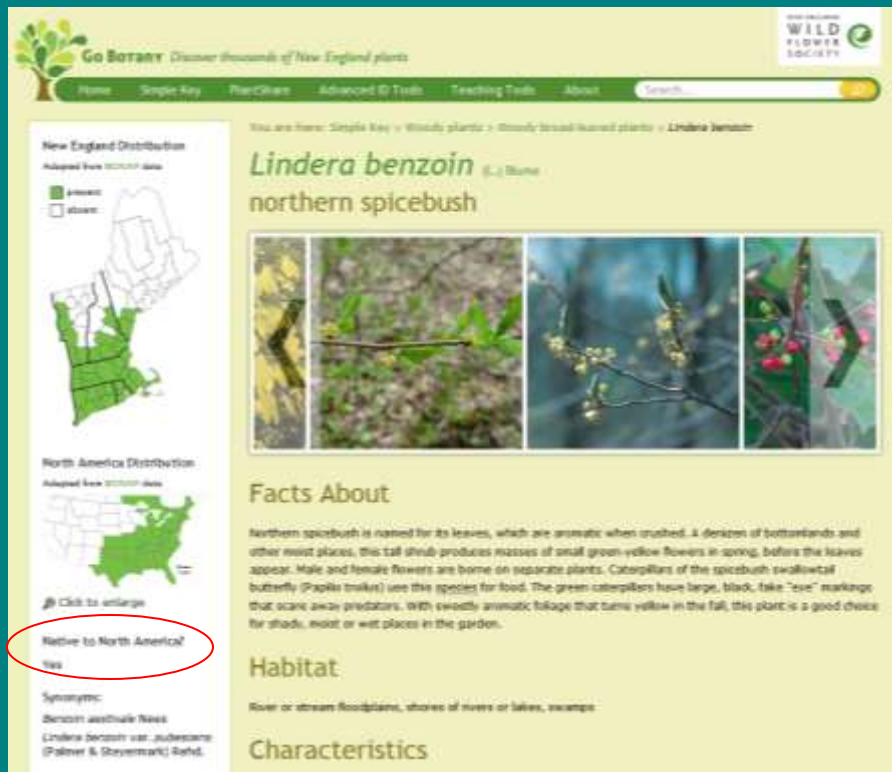
► Once you have determined the plants you are interested in are native, [Native Plants: A Maine Source List](#), by Maine Cooperative Extension, is helpful in finding business that sell native plants.

[Fedco Trees](#) also carries many native edible plants.

You can also grow native plants yourself from seed, such as that offered by the [Wild Seed Project](#).

Two other resources helpful in figuring out which species are/are not native to your region:

- the “Go Botany” website (<http://gobotany.newenglandwild.org>), set up and maintained by the [New England Wild Flower Society \(NEWFS\)](#); and
- the book [Flora Novae Angliae](#), by NEWFS research botanist Arthur Haines.



Go Botany Discover thousands of New England plants

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You are here: Simple Key > Woody plants > Woody-barked-leaved plants > *Lindera benzoin*

Lindera benzoin (L.) Blume
northern spicebush

New England Distribution
Adapted from 2002-2003 data
☒ present
☐ absent

North America Distribution
Adapted from 2002-2003 data
Click to enlarge

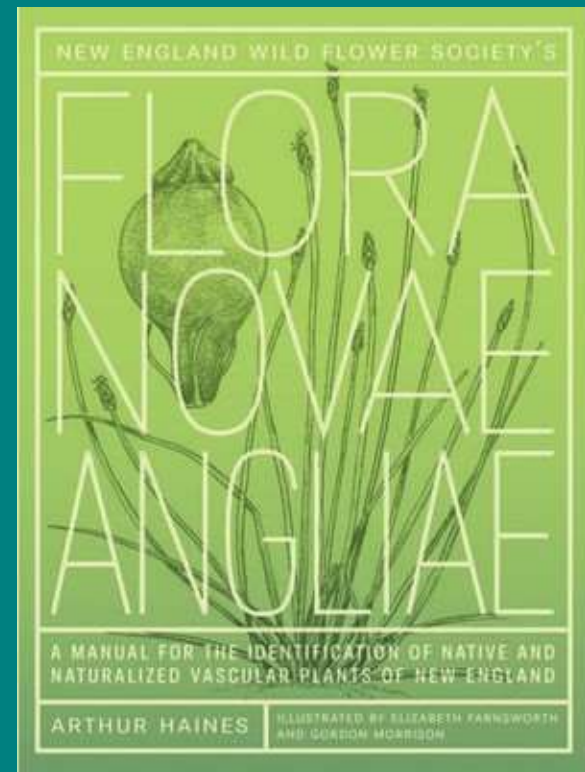
Native to North America?
Yes

Synonyms:
Benzoin aestivale Nees
Lindera benzoin var. *pubescens* (Palmér & Szevenmark) Rehd.

Facts About
Northern spicebush is named for its leaves, which are aromatic when crushed. A denizen of bogs and swamps and other moist places, this tall shrub produces masses of small green-yellow flowers in spring, before the leaves appear. Male and female flowers are borne on separate plants. Caterpillars of the spicebush swallowtail butterfly (*Papilio troilus*) use this species for food. The green caterpillars have large, black, fake "eye" markings that scare away predators. With sweetly aromatic foliage that turns yellow in the fall, this plant is a good choice for shade, moist or wet places in the garden.

Habitat:
River or stream floodplains, shores of rivers or lakes, swamps

Characteristics



Now it's finally time to share the delicious details about some

Edible Plant Species Native to the 'Pine Tree State'



Ostrich Fern (*Matteuccia struthiopteris*) - cooked fiddleheads are edible - note "U"-shaped groove in stem, vase-shaped clump and brown papery scales (aka bracts) on the curled-up part



Alluvial (silty) floodplain soil - ideal Ostrich Fern habitat



Note vase-shape of unrolled fronds, plus pair of fertile fronds (see arrows)

If you've bought fiddleheads at the store (where they are often several days or even weeks old), and haven't liked them, you might want to try preparing them "sweet corn" style, i.e., as soon as possible after picking. Here Beth Bazler took a camp stove to a patch of Ostrich fern fiddleheads along the Connecticut River and cooked them up just 10 minutes after we picked them. They were yummy!



Wild Leek (Ramps) - *Allium tricoccum*





Close-up of several Wild Leek (Ramp) plants

Commercial harvesting and sale of wild leek (ramp) bulbs, or whole plants dug up with the bulbs attached, on a large-scale basis, is of questionable sustainability, at least in some locations where the plant grows - click [here](#) for more details



Photo taken at the Blue Hill at Stone Barns Restaurant, Pocantico Hills, NY



Photo taken in the produce section of the Berkshire Food Co-op, Great Barrington, MA

The good news: Wild Leeks/Ramps can be propagated (e.g., in a stockbed, such as the one at Garden in the Woods pictured below); and if only one leaf/per plant is harvested, and the bulb is left undisturbed, the plants can be harvested sustainably



Wild
Lettuce
(*Lactuca
canadensis*)
Note the
finger-like
terminal
lobes of
this species,
which helps
to tell it
apart from
the other
(bitter, but
still edible)
Lactuca
species. *L.
canadensis*
is easily
propagated
from seed.



Rhoda Cohen (Russ' mother) with a tray of seed-grown Wild Lettuce plants she helped Russ transplant into larger pots

Common Milkweed (*Asclepias syriaca*) - the
"procrastinating forager's dream food"



Boiled Milkweed
Flower buds - ready
to eat as is or
incorporate into
other dishes, like
Milkweed Egg Puff
(see below)



Milkweed pods at the edible stage (up to 1.5 inches long and nice and firm to the touch, not "springy" or "spongy")



Monarchs also munch on Milkweed



Basswood (*Tilia americana*) – the young leaves from all *Tilia* species are edible raw, and the fresh or dried flowers make a pleasant-tasting tea with multiple medicinal properties



Juneberry/Shadbush/Serviceberry, Amelanchier spp. - an early-blossoming tree (a week or two before apples/crabapples) - flowering time is also a good time to spot (and remember) the trees for later fruit-picking opportunities



Juneberry (Shadbush/Serviceberry) - *Amelanchier canadensis* and other species - fruit is purple when ripe and tastes like a cross between a cherry and an almond





One of the fun (and yummy) items to make from, Juneberries, Beach Plums and other wild fruit - strudel

Wild Strawberry (*Fragaria virginiana*) - while the berries are small, they are exceptionally tasty. The leaves (when fresh or thoroughly dried) can be used for tea. While wild strawberry plants can tolerate some shade, the fruit production will be better in sunny, grassy areas. This species certainly has great potential for adding to many home and other landscapes, including (natural) lawns.



Photo by Donald Cameron

Wild strawberries propagate easily from seed, sown indoors or outdoors.



Photo by Arthur Haines

Black Raspberry (*Rubus occidentalis*) - not a showy flower, but tastier fruit, and its purplish-colored canes add "off-season" interest to the landscape



Flowering Raspberry (*Rubus odoratus*) - an attractive, thornless bramble -
Has flavorful fruit (though a bit on the dry side)



Flowering Raspberry
fruit - the pulp on the
ripe fruit (see arrows)
is thin and a bit on the
dry side, but has a
decent flavor and can be
eaten raw or used in
cooking



Common or Black Elderberry - *Sambucus nigra* (aka *S. canadensis*), at (edible) blossom stage



Two examples of commercial beverages flavored with wild-harvested Elderberry blossoms:

A non-alcoholic



*Elderberry Borer Beetle (*Desmocerus palliatus*)*

*liqueur, called
St. Elder;*

I don't (yet) know where they source their elder flowers from, but I am concerned

Elderberry (*Sambucus canadensis*) - ripe fruit is edible after cooking or drying



Wild Bergamot or Bee-Balm
(*Monarda fistulosa*) - A savory-
flavored (sage or thyme-like)
native wild mint, popular with bees
and other pollinators. Like most
mints, this species can spread
assertively, a desirable trait when
you are reclaiming a site from
invasive species. This species also
grows readily from seed.





Spicebush ([Lindera benzoin](#)) - one of the "Revolutionary tea" plants - the dried berries make a fine Black or Szechuan Pepper-like substitute

- Migrating birds like these high-energy berries, though, so be sure to leave some on the plant
- Spicebush likes to grow as an understory plant in hardwood forests, often near streams

As Spicebush is dioecious (male and female flowers are borne on separate plants), make sure you plant at least one female if you want to get berries

Spicebush (along with *Sassafras*) also serves as a host plant for the cool-looking Spicebush Swallowtail caterpillar (i.e., another reason why you might want to consider adding this species to your property if it isn't already there)



Wintergreen
(*Gaultheria*
procumbens),
also called
Teaberry or
Checkerberry

Berries are
edible year-
round, and the
leaves can be
used for tea
(the new,
reddish-
green, tender
leaves are
best for this -
look for them
in late spring)



Black or Sweet Birch (*Betula lenta*) - can be nibbled or drunk





◀ Wintergreen-flavored "sun tea" made from peeled Black Birch twigs and peelings

Black birch trees (indeed, any good-sized tree of any Birch species) can also be tapped for sap, which can be drunk as is or boiled down to make a molasses-like syrup ►





Beach Plum - *Prunus maritima*

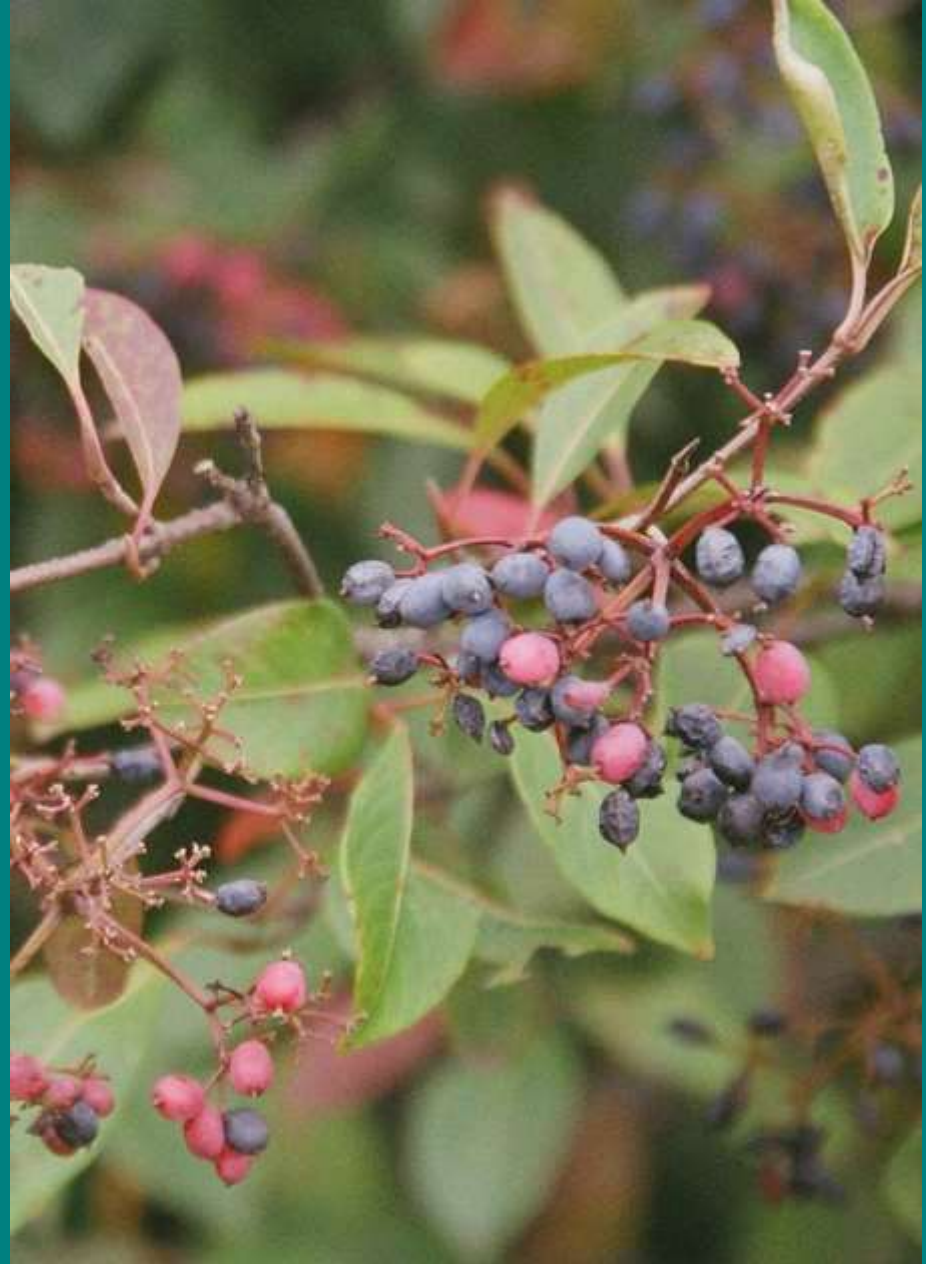
Beach Plum -
Prunus maritima





Beach Plums, gathered many miles inland from the ocean

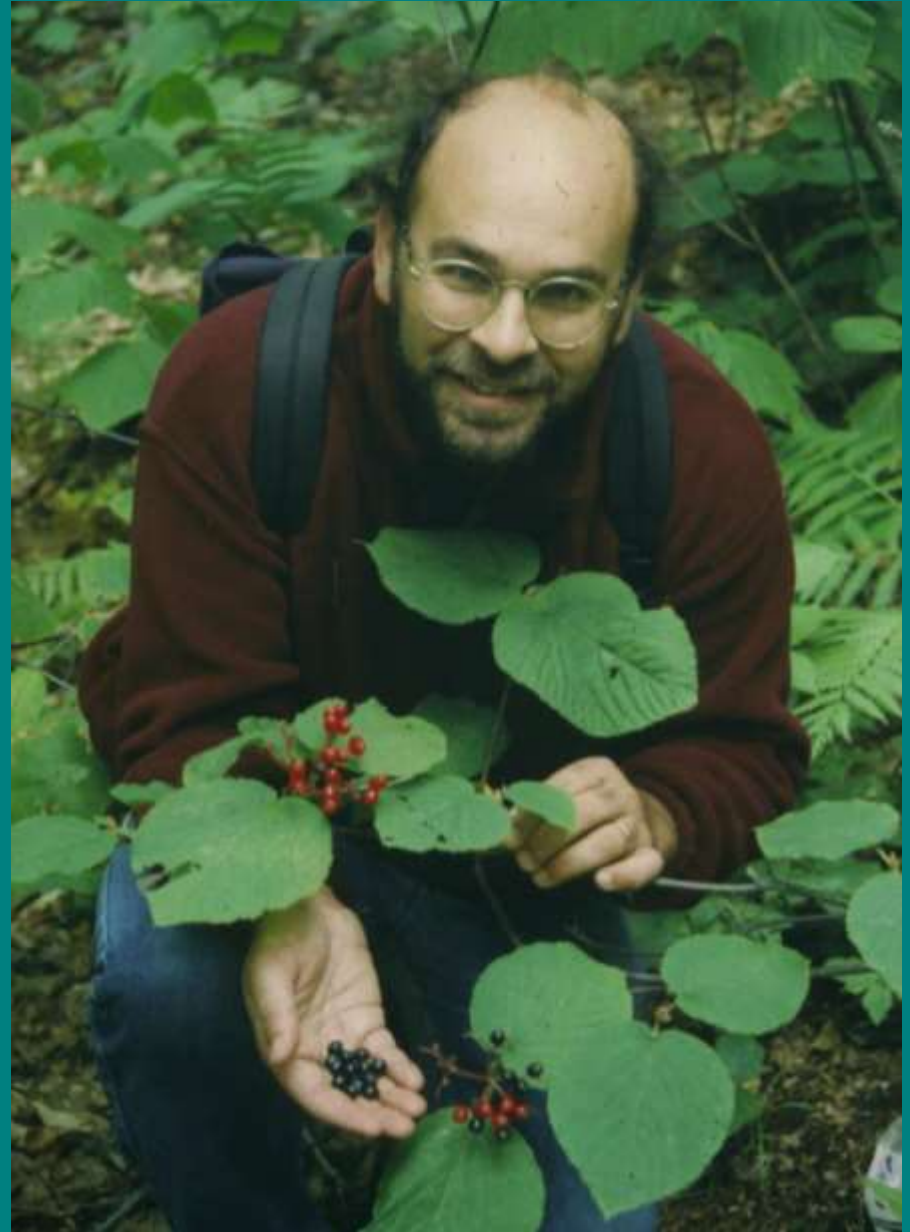
Wild Raisin (*Viburnum cassinoides*) - can tolerate drier, rockier soils (still likes sun) - produces pretty clusters of edible fruit (ripe when purple)



Nannyberry (*Viburnum lentago*) - a shrub that likes damp, meadowy areas - the fruit ripens in September and resembles stewed prunes in flavor and texture



Hobblebush or Moosewood (*Viburnum alnifolium*, aka *V. lantanoides*) - a common understory plant in cool, northern hardwood forests - pretty spring flowers, and fruit with prune, clove-spiced flavor ripe (when black) in late summer





... and Hobblebush leaves can put on quite a colorful show in the fall



Staghorn Sumac - *Rhus typhina*

All red-berried Sumacs native to New England are edible - that includes Smooth Sumac, *Rhus glabra*, and Winged (aka Shining) Sumac, *Rhus copallinum*.



Ripe Staghorn Sumac berry clusters, ready to be made into Sumacade



To make Sumacade:

- (1) Place berry clusters in a bowl;
- (2) Add 1-2 quarts lukewarm or colder water;
- (3) Knead /rub the berry clusters in the water for 4-5 minutes (see how the water takes on a pinkish-orange color);
- (4) remove and discard the spent berries;
- (5) pour the liquid through a paper towel or equivalent filter; and
- (6) Serve the Sumacade hot or cold, sweetened or unsweetened (I usually serve it cold and sweetened, like lemonade).



Sumacade (aka
"Rhus Juice" or
Indian
Lemonade) .

Staghorn Sumac
propagates easily from
seed - perhaps too
easily. About six years
ago, I made the mistake
of putting some spent *R.*
typhina berries in my
compost pile. I am still
getting sumac plants
sprouting from that
seed in my raised beds
where I use my
"finished" compost. So
now I just pot those
Sumac babies up, and
grow them out for
planting elsewhere.



Staghorn Sumac produces brilliant autumn plumage



Wild Grapes - Riverside and Fox (Concord) Grape, *Vitis riparia* and *V. labrusca*



This photo is of a Fox Grape vine laden with ripe fruit, which are often first detected by smell



A basket of Fox Grapes, *Vitis labrusca*

Wild Grape Cheesecake with a Wild Hazelnut Crust and a Wild Grape Glaze



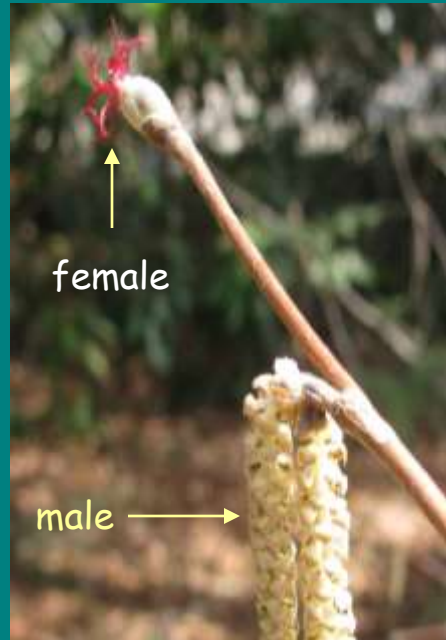
Riverside Grape (*Vitis riparia*) leaves (note smooth, green undersides) at the right stage for stuffing



Stuffed Riverside Grape Leaves



Common Hazelnut (*Corylus americanus*) flowers, husks and nuts



Beaked Hazelnut - *Corylus cornuta*



While Hazelnuts (*C. americana* or *cornuta*) readily grow from seed, the nuts are "hydrophilic", meaning they will lose their viability if allowed to dry out. They should be sown outdoors soon after collecting, or may be cold moist stratified for up to a year, or possibly longer, and then sown in the spring. Do not forget to protect sown nuts from rodents. I use a half-inch mesh metal hardware cloth for this purpose; the sprouts can grow through the mesh. Leave the mesh on until the nut has been completely used up by the developing tree.

Oaks/Acorns (*Quercus alba* and other spp.) - note the rounded lobes on the White Oak leaves on the left, versus the pointy lobes of the other oak leaf, which produces more bitter acorns due to higher tannic acid levels



White Oak (*Quercus alba*) acorns start sprouting soon after falling off the trees in late September, so they can't be stored in a stratification fridge for longer than a month without their radicles rotting. So better to sow them soon after collecting them in the fall, and protect the sown nuts from rodents and other critters.



Shagbark Hickory - *Carya ovata*



A basketful of freshly-gathered Shagbark Hickory Nuts, some still in their husks, and one still attached to the tree (see photo at right) - and a close-up (below), showing the four-parted husks, the de-husked shells, and a pair of nut meat halves extracted from a shelled nut (note the penny for scale).





Maple Hickory Nut Pie

Examples of three cookie recipes utilizing Shagbark Hickory Nuts:



Thumbprint Cookies, filled with Wild Fruit Jelly (left)
Hickory Nut Wafer Cookies (center)
Triple Maple Hickory Nut Sandwich Cookies (right)

While Shagbark Hickory readily grows from seed (I have been getting about an 80% germination rate on the nuts I have planted), the nuts are "hydrophilic", meaning they will lose their viability if allowed to dry out. They should be sown outdoors soon after collecting, or may be cold moist stratified for up to a year, or possibly longer, and then sown in the spring. Do not forget to protect sown nuts from rodents. I use a half-inch mesh metal hardware cloth for this purpose; the sprouts can grow through the mesh (see below). Leave the mesh on until the nut has been completely used up by the developing tree.



I sow *C. ovata* nuts in 14"-deep "Treepots", to accommodate the species' notoriously-long taproots. Four of these otherwise very tippy Treepots fit very snugly into a standard milk crate.

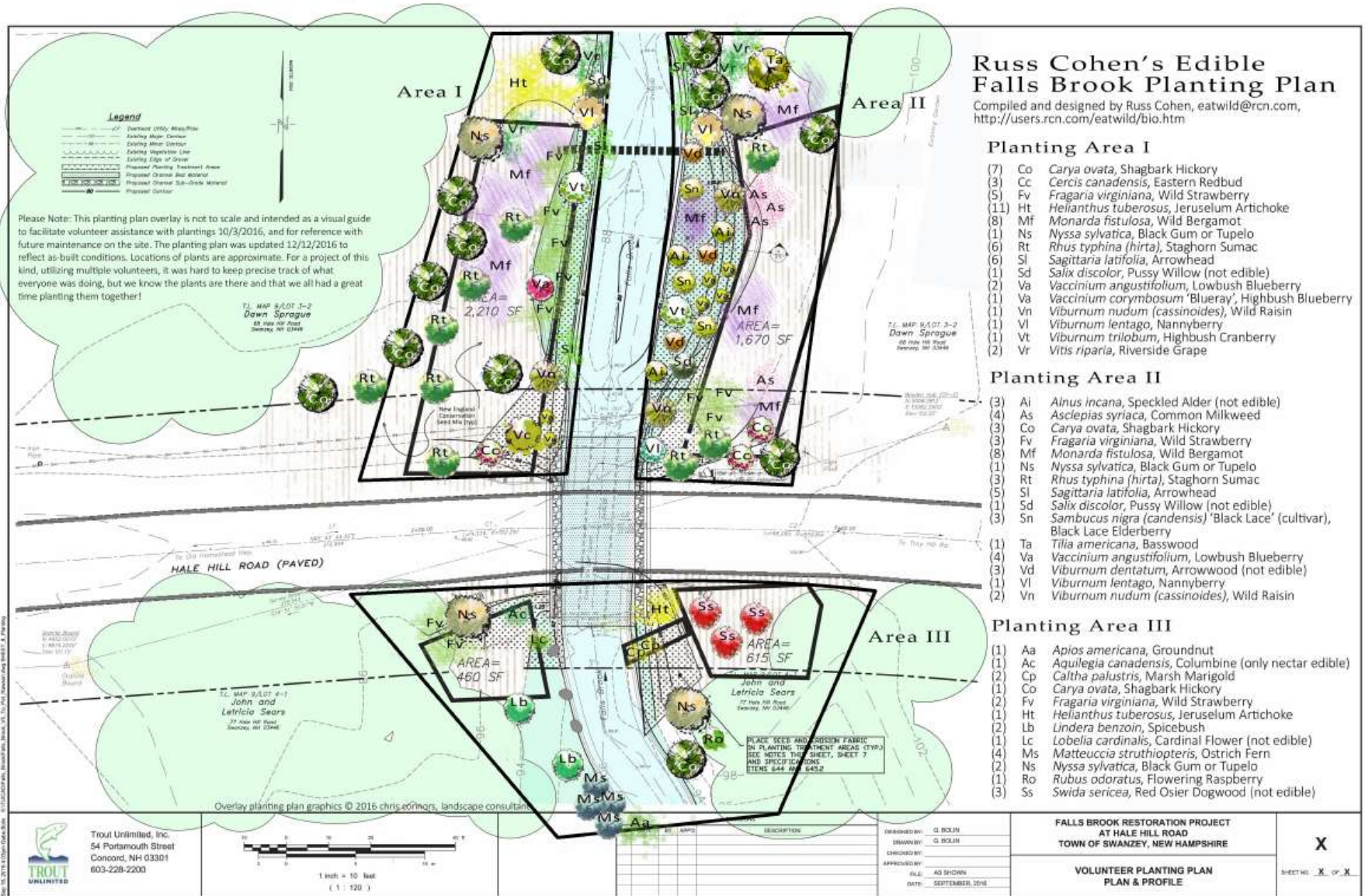


C. Ovata nuts begin to sprout within a week after being moved from cold to warm moist stratification.

I have also passed along many *C. ovata* nuts to others for them to propagate into trees. In the photo below, Keene State (NH) greenhouse manager Katie Featherston shows off Shagbark Hickory tree seedlings she grew from nuts I supplied her. Some of these trees were later deployed (along with many other edible native species supplied by Katie and myself) to [revegetate a site along Falls Brook in Swanzey, NH](#) following a [culvert replacement project](#) (see next slide).



"As Planted" Schematic for the Falls Brook Culvert Replacement Project, Swanzey, NH, October 3, 2016, listing and showing the location of the edible native species used in the revegetation of the project area post-construction.



Groundnut - *Apios americana*



Groundnut "beans" (left) and tubers (right)



One fun and easy way to cook Groundnuts: slice thinly and then pan fry in oil until golden to make Groundnut Chips



View of a section of the nursery I have established to grow edible native plants I have propagated from seed (see, e.g., the Beach Plum seedlings in the milk cartons) as well as plants I have obtained from elsewhere, such as from the New England Wild Flower Society.



A list of where I have been planting edible native plants at various sites in New England over the past year:

- Planted Beach Plums on [The Trustees of Reservations'](#) Crowninshield Island, [Marblehead, MA](#)
- Planted a variety of edible native species on the [Essex National Heritage Area's](#) land holdings on Bakers Island, [Salem, MA](#)
- Planted beach plums, persimmons and shagbark hickories at a new [AMC/DCR](#) paddler access campsite on the Connecticut River in [Whately, MA](#)
- Planted a variety of edible native species at [Graylag Cabins](#), [Pittsfield, NH](#)
- Planted a variety of edible native species in conjunction with a [Trout Unlimited-](#)coordinated culvert replacement project on Falls Brook, [Swanzey, NH](#)
- Planted Beach Plums, Sweet Goldenrod, Wild Strawberry, Rose Mallow and Milkweed at the [Cohasset Conservation Trust's](#) Bassing Beach in [Scituate, MA](#)
- Planted 10 species of edible natives at the [Westport Land Conservation Trust's](#) Mill Pond Conservation Area in [Westport, MA](#)
- Planted a variety of native edible plants at the [Town of Ipswich's](#) Strawberry Hill Conservation Land, [Ipswich, MA](#); and
- Planted a variety of edible native plants at the [Acton Arboretum](#), [Acton, MA](#)

Planting Beach Plums on Crowninshield (aka Brown's) Island, Marblehead, MA, a 10-acre island owned by The Trustees of Reservations (TTOR). The numbers indicate the approximate location of where the plums were eventually planted.





A reconnaissance trip to the island on 8/28/15 revealed several locations which appeared to be suitable habitat for Beach Plums.



After getting the OK from TTOR, I purchased fourteen local ecotype, wild-seed-propagated Beach Plum plants from the New England Wild Flower Society, then headed out to the island on November 10 to locate and pre-dig the holes into which the Beach Plums will be planted.





Volunteer Jonathan Gawrys (of SumCo Engineering of Salem, MA) carting out some of the fourteen Beach Plum bushes over to Crowninshield Island across the mud flat at low tide on November 18



Volunteers from the Marblehead Conservancy planting the Beach Plums, and trimming back invasive buckthorn and bittersweet to help make room for them



Posing for photo at the end of the planting project (see one of the new beach plum bushes at arrow).



Checking in on one of the beach plum plants the following spring, at blooming time

Summer 2017 update: at least 10 of the original 14 Beach Plum bushes are still alive, and at least six bushes produced fruit.

Planting Edible Native Species on the Essex National Heritage Area's property on Bakers Island, Salem, Summer 2016 and onward



One of the places where Beach Plums I propagated from seed were planted: Bassing Beach, Scituate MA, a barrier beach owned by the Cohasset Conservation Trust. Here I am with volunteers from the Trust, just after a lobster boat had ferried us, the beach plums and other edible native species out to the island.



Kristen Sykes of AMC helping me plant native edibles at a new Connecticut River paddler access campsite in **Whately, MA**



Connecticut River Paddlers' Trail

A series of access points and primitive campsites along the Connecticut River, spanning from it's source to the sea

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Whately Oaks Primitive Campsite

Site Steward:
[Appalachian Mountain Club](#)

Volunteer adopter:
Fran Fortino

Site Description:
Features two tent platforms and a privy. Suitable for large groups.

More info:
No potable water. Register at <http://goac.gi/forms/16D7KcWPOnLCOm003> Campsite Rules: Paddle Access Only. No Motorized Buets! Two Night Maximum Stay. First Come, First Served! Ten Persons, Four Tent Limit on This Site. Carry In, Carry Out.. Follow Leave No Trace Principles.

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Location



Map data ©2017 Google Images
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New forum topics

- Northwater Canoe Rental in Cornish nh
- observations?
- Hubbard Island
- October Paddling
- outing...

[more](#)

E-Newsletter Archive

- Fall 2015
- Spring 2015
- Fall 2014
- Spring 2014

River Photos



Location
Whately, MA



Sara Quintal, of the Buzzards Bay Coalition, with Marsh Marigold (*Caltha palustris*) plants I had provided and she and I had planted this spring at the Coalition's Sawmill property in Acushnet, MA. We expect to be planting additional edible native species at this property later this year.



Russ, flanked by Eric Topper and Peter Baecher of the Maine Audubon Society, at the Society's Gilsland Farm in Falmouth, July, 2017. The plants in the foreground, all edible native species from Russ' nursery, were subsequently planted in appropriate locations at the Sanctuary.



Fireweed (*Chamerion angustifolium*), one of the plants Russ supplied that was planted in July, as it appeared in early September.



Click [here](#) to download [Edible Wild Plants Native to the Northeast U.S. and E. Canada](#), a recently updated compilation of >150 species, that originally accompanied my Native Edible Plants presentation at the 2013 Ecological Landscape Alliance Conference. Below is a sample of the info contained in that document.



Edible Wild Plants Native to the Northeast U.S. and Eastern Canada

Thursday, December 22, 2016

3:38:52 PM

Compiled and Copyrighted © by Russ Cohen, eatwild@rcn.com <http://users.rcn.com/eatwild/bio.htm>

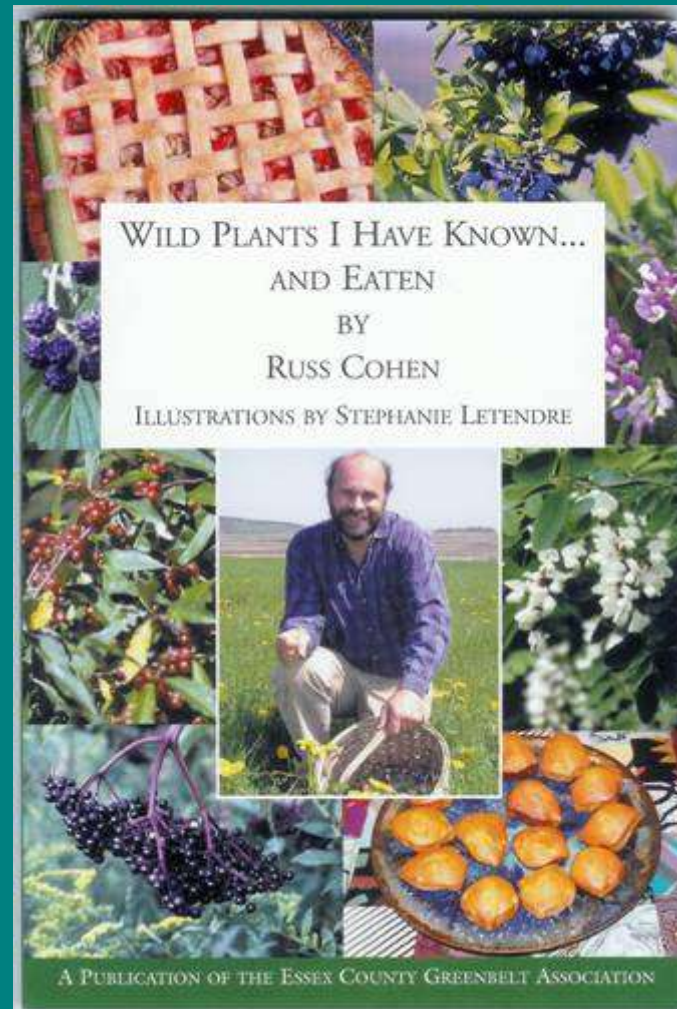
Common Name	Botanical Name	Native to MA	Type of plant	Preferred habitat	Comments
Box Elder	<i>Acer negundo</i>	Yes	small to medium tree	wetlands and other damp areas; floodplains	a species of Maple; sap may be tapped + boiled down for syrup
Maple, Red	<i>Acer rubrum</i>	Yes	medium to large tree	red maple swamps (of course)	can be tapped for sap like Sugar Maple
Maple, Silver	<i>Acer saccharinum</i>	Yes	medium to large tree	forested floodplains and other wet ground	can be tapped for sap like Sugar Maple; seeds are edible raw
Maple, Sugar	<i>Acer saccharum</i>	Yes	medium to large tree	hardwood forests; roadsides	sap is source of maple syrup and sugar
Sweet Flag (Calamus)	<i>Acorus americanus</i>	Yes	herbaceous perennial	wet fields and meadows; sunny wetlands; along waterways	the similarly-appearing <i>A. calamus</i> is apparently non-native to MA
Wild Leek (Ramps)	<i>Allium tricoccum</i>	Yes	herbaceous perennial	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
Juneberry/Shadbush	<i>Amelanchier spp.</i>	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
Hog Peanut	<i>Amphicarpaea bracteata</i>	Yes	herbaceous perennial vine	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
Angelica	<i>Angelica atropurpurea</i>	Yes	herbaceous perennial to 6 ft -large spherical flower cluster	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>	Yes	herbaceous perennial	rocky areas near the ocean	tender, emerging leaves are edible raw or cooked

More information on Russ' wild edibles programs, recipes, book/articles, etc.: <http://users.rcn.com/eatwild/sched.htm>

Russ Cohen

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eatwild@rcn.com





☺ The End ☺

-- Questions? --

"Encore" slide

(1) "Man vs. Wild"/Wolfeboro NH story

A hand-drawn sign is attached to a tree trunk in a forest. The sign is divided into three horizontal sections by thin black lines. The text is written in a bold, hand-drawn, sans-serif font. The background of the image is a dense forest with many trees and green leaves, some of which are in the foreground, partially obscuring the sign. The lighting is bright, suggesting daytime.

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