



Ideas for Edible Plants for your Native Plant Garden

You can plant a landscape that is beautiful and... edible! Fruits, nuts, leaves, roots—give some of these a try.

Thank you to Nathalie Shanstrom of Pasque Ecological Design for this list and for contributing to content.

To the best of our knowledge the information in this handout is accurate. **This handout is for inspirational purposes only.** Check with further resources before consuming plants from this list. We do not recommend foraging in the wild for many reasons, plant identification being one of them. We strongly recommend planting purchased vendor-identified vegetation for your home landscape so that you are confident about plant species.



Photo by Nathalie Shanstrom

Yarrow (*Achillea millefolium*): Leaves and flowers can be used in salads.

Fragrant Hyssop (*Agastache foeniculum*): Leaves and flowers can be used in salads, teas. Tastes like licorice. Leaves are best eaten when young. Sprinkle flowers, fresh or dried, over fruit salad or cucumber soup.

Wild Leek/Ramps (*Allium tricoccum*): Best not to forage for these in the wild, but grow at home to enjoy. Leeks grow slowly and require a long growing season. A perennial that will spread slowly, with time. Leaves can be cut and eaten, thus leaving the bulb intact for a patch to slowly develop. Toxic to cats and dogs.

Downy Serviceberry (*Amelanchier arborea*): Delicious straight off the shrub. Loses flavor if refrigerated. Nice for muffins or jelly. Lovely tall shrub/small tree.

Allegheny Serviceberry (*Amelanchier laevis*): Delicious straight off the shrub. Loses flavor if refrigerated. Nice for muffins or jelly. Lovely small understory tree.

Groundnut (*Apios americana*): Tubers can be eaten boiled, fried, or roasted. Nutritionally about three times as much protein as potatoes.

Columbine (*Aquilegia canadensis*): Flowers can be sucked for sweet nectar. Can eat raw or use as a garnish in salads.

Black Chokeberry (*Aronia melanocarpa*): Bitter but contains the highest antioxidants of any berry. Good for preserves and pies.

Shagbark Hickory (*Carya ovata*): Edible nuts. Harvest when they drop from the tree after a hard frost.

American Hazlenut (*Corylus americana*): Edible nuts.

Wild Strawberry (*Fragaria virginiana*): Edible fruit. Spreads quickly by runners.

Wintergreen (*Gaultheria procumbens*): Edible fruit. Needs acidic soils.

Wild Geranium (*Geranium maculatum*): Leaves and flowers can be used in salads.

Jerusalem Artichoke (*Helianthus tuberosus*): Tubers are delicious roasted. Very aggressive, so best grown in pots.

Black Walnut (*Juglans nigra*): Edible nuts.

Ostrich Fern (*Matteuccia struthiopteris*): Young, tender fiddleheads can be boiled or steamed, and eaten on its own like asparagus, or used in omelets or stir fry.

Wild Bergamot (*Monarda fistulosa*): Leaves and flowers can be used in salads.

American Plum (*Prunus americana*): Edible fruits. Flavor depends a lot on the soil.

American Black Currant (*Ribes americanum*): Edible fruits, raw and in preserves.

Missouri Gooseberry (*Ribes missouriensis*): Edible fruits, raw and in preserves.

Smooth Wild Rose (*Rosa blanda*): Rose petals can be added to salads. Rosehips are best picked right after a frost and can be used for jellies, jams, tea. High in vitamin C.

Highbush Blackberry (*Rubus allegheniensis*): Edible fruits.

Northern Raspberry (*Rubus idaeus canadensis*): Edible fruits.

Black Raspberry (*Rubus occidentalis*): Edible fruits.

American Elderberry (*Sambucus canadensis*): Excellent for pies, jams, and wine.

Lowbush Blueberry (*Vaccinium angustifolium*): Edible fruits. Needs acidic soil. Thrives best in northern Minnesota.

Nannyberry (*Viburnum lentago*): Best picked in late October when few other berries are ripe. Can be cooked into a puree; thick enough to use as a spread without adding pectin or sugar.

Violets (*Viola spp.*): Flowers are good in salads and for cake decoration.