

A Grow Native! Top 10 List

FEATURED CATEGORY:

TOP 10 NATIVE PLANTS FOR THE KITCHEN

Edible Native Plants • Easy to Grow • Excellent and Overlooked Food

	NATIVE PLANT NAME	HEIGHT	LIGHT	UNIQUE QUALITY
1	Big-fruit plum (<i>Prunus mexicana</i>)	10-15"	Sun/ Pt. Shade	Preserves. Large tart fruits.
2	Common milkweed (<i>Asclepias syriaca</i>)	3-4'	Sun	Young stems in spring steamed.
3	Ostrich fern (<i>Matteuccia struthiopteris</i> ; <i>nursery propagated</i>)	2-3'	Shade	Leaves picked 1-2 inches tall and steamed.
4	Persimmon (<i>Diospyros virginiana</i>)	25-30'	Sun/ Pt. Shade	Fruits ripe when fallen to ground.
5	Serviceberry (<i>Amelanchier arborea</i>)	10-12'	Shade	Berries best eaten fresh in late spring.
6	Redbud (<i>Cercis canadensis</i>)	10-15'	Sun/ Pt. Shade	Spring flowers fresh in salads.
7	Sassafras (<i>Sassafras albidum</i>)	25-30'	Sun/ Pt. Shade	Tea from roots. Drink sparingly.
8	Spiderworts (<i>Tradescantia</i> spp.)	1-2'	Sun/ Pt. Shade	Fresh leaves in spring in salads.
9	Violets (<i>Viola</i> spp.)	6-8"	Sun/ Shade	Fresh leaves in spring in salads.
10	Wild Strawberry (<i>Fragaria virginiana</i>)	8-10"	Sun/ Pt. Shade	Dried leaves for tea. Fruits in early summer.

This Top Ten list was compiled by horticulturist Scott Woodbury, based on his many years of experience. The Grow Native! program emphasizes that proper identification of any native plant is critical before consuming it. This list is for information purposes only; Grow Native! makes no warranties as to the safety of consuming any wild foods and accepts no liability or responsibility for any consequences resulting from the use of or reliance upon the information in this list.

The plants listed above may be purchased by Grow Native! professional members—see www.grownative.org, Resource Guide.

This list is not in ranked order.

Grow Native! is a native plant education and marketing program of the