

SERVICE BERRY

Amelanchier x grandiflora



Eat ripe berries raw or use in jam. Seeds can be roasted and ground for use as a coffee substitute.

REDBUD

Cercis Canadensis



Flowers can be eaten raw. Buds are best cooked or pickled.

QUINCE

Chanomeles speciosa



Cook or boil fruit
for use in jam or jelly

CORNELIAN CHERRY DOGWOOD

Cornus mas



Ripe, late summer berries can be eaten raw but are best for jam, syrup or wine

CHINESE DOGWOOD

Cornus kousa



Red fruit is sweet and juicy, raw or cooked. Best to scoop out the custard-like pulp and discard the skin.

CREEPING WINTER GREEN (TEABERRY)

Gaultheria procumbens



Collect berries after
frost for pie or jam.
Extract oils for
use in candy.

HOSTA

Hosta species



Leaves and stems
can be cooked.

OSTRICH FERN

Matteuccia struthiopteris



Young fiddlehead fronds are succulent and should be boiled 8-10 minutes before eating.

STAGHORN SUMAC

Rhus typhina



Red late-summer berry clusters can be eaten raw or dried. When powdered use as a drink mix or in a spice rub.

RUGOSE ROSE

Rosa rugosa



Flowers can be eaten raw from bud to bloom or used for tea. Rose hips are edible raw with seeds removed or cooked for jam.

BLUEBERRY

Vaccinium



Berries can be eaten raw or cooked in pies, jams and syrups.

AMERICAN CRANBERRY BUSH

Viburnum trilobum



Sweet fruit contains one large seed and can be eaten raw or cooked
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VIOLET

Viola



Add fresh flowers to green salads or candy them with egg white and sugar for desserts